



Community
sports digest
.....Page 6



Your health:
Ask Dr. Gott
.....Page 3

LOCAL
Local librarian remembered
.....Page 1

INSIDE

World briefly
.....Page 2



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The Ukiah

Mendocino County's
local newspaper

DAILY JOURNAL



Tomorrow: Cool and
rainy. H 52/L44

TUESDAY
Jan. 8, 2008

ukiahdailyjournal.com

14 pages, Volume 149 Number 274

email: udj@pacific.net

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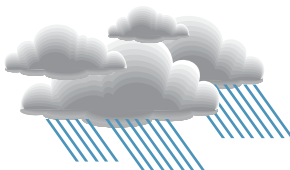
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Well-known librarian remembered as perceptive and kind



Anderson

By K.C. MEADOWS
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She was 70 years old. Anderson was the Ukiah branch librarian and assistant county librarian, a post she worked up to from her start as a library volunteer.

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talk about matters of the library," said Mell Lightbody, county librarian.

One of the efforts Anderson had hoped to launch this year was an effort to raise funds locally for new Ukiah library building, a project she was planning to work on in earnest when she retired in June of this year. Born on June 11, 1938, Anderson would likely have been 71 at retirement.

According to Lightbody, that was not an accident.

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of it," she said.

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She was born in Newark, New Jersey. She attended public schools there and in Newcastle, Delaware. She loved dance, and during and shortly after her school years she performed as a member of the New York City ballet.

Having moved to the West Coast in the 1960s, she received a B.A. in history and

See ANDERSON, Page 2



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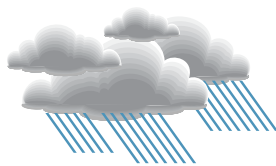


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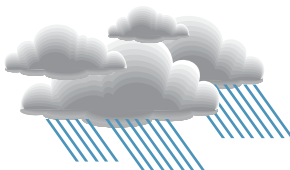
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See ANDERSON, Page 2

The world briefly

Clinton struggles to catch Obama

MANCHESTER, N.H. (AP) — Her voice quavering, Sen. Hillary Rodham Clinton struggled Monday to avoid a highly damaging second straight defeat in the Democratic presidential race. Republicans John McCain and Mitt Romney scrapped for success on the eve of a New Hampshire primary that neither could afford to lose.

“You’re the wave, and I’m riding it,” Sen. Barack Obama, the new Democratic front-runner, told several hundred voters who cheered him in 40-degree weather after being turned away from an indoor rally filled to capacity.

Obama has been drawing large, boisterous crowds since he won the Iowa caucuses last week, and a spate of pre-primary polls showed him powering to a lead in New Hampshire, as well.

Clinton runs second in the surveys, with former Sen. John Edwards of North Carolina third, and the first lady and her aides seemed to be bracing for another setback.

At one stop, she appeared to struggle with her emotions when asked how she copes with the grind of the campaign — but her words still had bite. “Some of us are ready and some of us are not,” she said in remarks aimed at Obama, less than four years removed from the Illinois Legislature.

Pentagon says Iranian boats threatened to blow up 3-ship U.S. Navy convoy

WASHINGTON (AP) — An Iranian fleet of high-speed boats charged at and threatened to blow up a three-ship U.S. Navy convoy passing near Iranian waters, then vanished as the American ship commanders were preparing to open fire, the top U.S. Navy commander in the area said Monday.

No shots were fired and an Iranian official in Tehran said the incident amounted to “something normal.”

Bush administration officials complained that the Iranian actions amounted to a dangerous provocation, but one private analyst said the Iranians may have believed they were acting defensively in a narrow waterway that is heavily trafficked by commercial ships, including oil vessels.

The incident raised new tensions between Washington and Tehran as President Bush prepared to depart Tuesday on his first major trip to the Middle East.

The three U.S. warships — cruiser USS Port Royal, destroyer USS Hopper and frigate USS Ingraham — were headed into the Persian Gulf through the Straits of Hormuz on what the U.S. Navy called a routine passage inside international waters when they were approached by five small high-speed vessels believed to be from Iran’s Revolutionary Guard Corps Navy.

The Iranians “maneuvered aggressively” in the direction of the U.S. ships, said Vice Adm. Kevin Cosgriff, the commander of U.S. 5th Fleet, which patrols the Gulf and is based at nearby Bahrain. The U.S. ship commanders took a series of steps toward firing on the boats, which approached to within 500 yards, but the Iranians suddenly fled back toward their shore, Cosgriff said.

Baghdad suicide bombings kill key al-Qaida opponent in latest backlash

BAGHDAD (AP) — The head of a key U.S.-backed Sunni group was killed Monday in a double suicide bombing that claimed at least 11 other lives and highlighted the deadly precision of attacks on Sunni leaders choosing to oppose al-Qaida in Iraq.

The main target — a former police colonel who led resistance to al-Qaida in one of its former Baghdad strongholds — was first embraced by a bomber posing as a friend. Seconds later, the attacker stepped back and triggered an explosion, a witness said.

A suicide car bomber then struck as rescuers tried to evacuate the wounded. At least 28 people were injured in the twin blasts — the latest in a spate of attacks against Sunnis who have joined a U.S.-supported movement against extremists and credited with helping sharply reduce violence around Iraq.

But the mounting al-Qaida backlash has stoked worries of a wider showdown brewing as extremists try to reclaim havens and intimidate the so-called “Awakening Councils” opposing them. In an audiotape released Dec. 29, Osama bin Laden warned that Sunni Arabs who join the groups will “suffer in life and in the afterlife.”

Supreme Court bench appears divided over drugs used in lethal injections

WASHINGTON (AP) — The Supreme Court appeared divided Monday over whether the drugs commonly injected to execute prisoners risk causing excruciating pain in violation of the Constitution.

Several justices indicated a willingness to preserve the three-drug cocktail that is authorized by three dozen states that allow executions. Such a decision would allow lethal injections, on hold since late September, to resume quickly.

Justice Antonin Scalia said states have been careful to adopt procedures that do not seek to inflict pain and should not be barred from carrying out executions even if prison officials sometimes make mistakes in administering drugs. “There is no painless requirement” in the Constitution, Scalia said. Chief Justice John Roberts and Justice Samuel Alito also indicated their support for the states’ procedures.

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ALTA NEJUANA DAHLBERG

On Friday, January 4, 2008, Alta Nejuana Dahlberg passed away in the same home where she was born 91 years ago. A descendant of the Burke and Montgomery pioneer families of the Ukiah valley, Alta was born on March 11, 1916 to Gustof and Lucinda Burke Dahlberg. Alta was proud of her family and loved talking about family history.

Gardening was her passion and in her prime, her yard was so beautiful, local artists often asked if they could photograph it. She also loved to knit and made countless sweaters and baby blankets for the generations of her family who will dearly miss

her.

She worked 37 years for the city of Ukiah in the Utilities Department.

Alta is survived by her: Niece, Mary and Jeff Little of Ukiah

Great nephew, James Little of Ukiah

Great niece, Laurie and Damien Keehn and baby Clara of Roseville, CA

Brother-in-law, George Brewer of Ukiah

Nephew, John Brewer of Ukiah

Nephew, Kevin and Mary Maxwell of Ukiah

Great nephew Nathan Maxwell, and Erin and Baby Talen of Ukiah

Great niece, Kendra Maxwell of Ukiah

Nephew, Barry and Joann Maxwell of Nice, California

Great niece Melinda and Waylon Hockemier

FUNERAL NOTICES

and baby Randall of Ukiah

Great nephew Brian Maxwell and children Wyatt and Cheyanne of White City, Oregon

Great nephew Aaron & Kate Maxwell and baby Bailey of White City, Oregon

Cousin, Dolores Scholl of San Rafael, CA

She was preceded in death by her sisters, May Brewer and Marhea Maxwell, as well as the beloved niece of Betty Burke Scholl.

A short graveside service will be held on Friday, January 11, 2008 at 11:00 a.m. at Russian River Cemetery in Ukiah with a reception following.

Eversole Mortuary is in charge of arrangements.

RICHARD LEE CLARY

Richard Lee Clary was born on September 12th, 1947 in Selma, California to Aaron Clary and Orvilla Gilstreup. Richard passed away on Thursday, January 3rd, 2008 of heart failure. He has one surviving brother, Michael Clary of Fresno, California, one daughter in Sacramento, California, along with many friends and previous co-workers in Ukiah, California. A memorial service will be held at the Assembly of God Church in Ukiah, California on Thursday, January 10th, 2008 at 3pm followed by a potluck supper with many memories. Please contact Jodi or Jamie with questions or with donations for the services at 468-8101.

POLICE REPORTS

The following were compiled from reports prepared by the Ukiah Police Department. To anonymously report crime information, call 463-6205.

ARRESTED -- Arturo Contreras, 47, of Ukiah, was arrested at 12:32 a.m. Sunday in the 400 block of North Spring Street on suspicion of corporal abuse of a spouse.

ARRESTED -- Sonya Leard, 23, of Talmage, was arrested at 5:10 a.m. Sunday in the 200 block of Redemeyer Drive on suspicion of driving under the influence.

ARRESTED -- Wanda O’Bryan, 29, of Kansas, was arrested at 8:31 p.m. Sunday

in the 600 block of North State Street on suspicion of corporal abuse of a spouse.

ARRESTED -- A female juvenile, 14, of Ukiah, was arrested at 8:38 Sunday in the 4000 block of Eastside Calpella Road on suspicion of burglary, fraudulent use or transfer of an access card, grand theft and theft or embezzlement with respect to property of an elder or dependent adult.

ARRESTED -- Dale Otis, 50, of Ukiah, was arrested at 11:57 p.m. Sunday in the 200 block of Irvington Drive on suspicion of corporal abuse of a spouse.

CHP REPORTS

The following were compiled from reports prepared by the Califor-

nia Highway Patrol:

ARRESTED -- Jason Ray, 25, of Redwood Valley, was arrested on Thursday in the 1700 block of North State Street on suspicion of driving under the influence.

ARRESTED -- Aron Leon, 19, of Willits, was arrested at 11:27 p.m. Thursday at the corner of South State and Beacon streets on suspicion of driving under the influence.

ARRESTED -- Jose Martinez, 41, of El Monte, was arrested at 10:46 p.m. Sunday at the Burke Hill off-ramp on suspicion of driving under the influence.

Those arrested by law enforcement officers are innocent until proven guilty. People reported as having been arrested may contact the Daily Journal once their case has been concluded so the results can be reported. Those who feel

the information is in error should contact the appropriate agency. In the case of those arrested on suspicion of driving under the influence of an intoxicant: all DUI cases reported by law enforcement agencies are reported by the newspaper. The Daily Journal makes no exceptions.

CORRECTIONS

The Ukiah Daily Journal reserves this space to correct errors or make clarifications to news articles. Significant errors in obituary notices or birth announcements will result in reprinting the entire article. Errors may be reported to the editor, 468-3526.

LOTTERY NUMBERS

DAILY 3: Afternoon: 0, 5, 7. Evening: 0, 3, 7.

FANTASY 5: 6, 15, 17, 28, 34.

DAILY DERBY: 1st: 01 Gold Rush; 2nd: 02 Lucky Star; 3rd: 09 Winning Spirit. Race time: 1.40.12.

Anderson

Continued from Page 1

economics in 1967 from the University of California at Berkeley, where in the following year she earned a Master of Library Science degree.

In 1984, following studies at San Diego State University, she received her second master’s degree, this one in business administration. She graduated cum laude, having been admitted in 1979 to Beta Gamma Sigma, the national business administration honor society.

Immediately after earning her MBA, she advised and helped administer nonprofit organizations. She was instrumental in fundraising for a number of nonprofits in San Diego. Among them was the Florence Riford Public Library in La Jolla, for which she helped acquire real estate and \$2 million toward the library’s construction.

On moving to Ukiah with her husband, Tom Anderson, in 1989, she taught small-

business administration and economics part time at Mendocino Community College. She described teaching at the college as one of her most satisfying activities. She was appointed to the academic senate.

At the same time, she volunteered at the Ukiah Public Library. Henry Bates, then librarian, hired her as a part-time library assistant.

Anderson was a voracious reader whose interests ranged from Elizabethan England to economic theory and quantum physics. Her tastes in fiction ran from Geoffrey Chaucer and Christopher Marlowe to Danielle Steele and Suzanne Brockmann. If she had not read the latest book, she knew about it and could advise whether to read or avoid it.

To her love of history, music, art and literature Anderson added a keen business sense, increasing the library’s annual revenues by nearly 50 percent during her administration.

According Tom Anderson, “She considered it a pleasure and privilege to serve as her community’s librarian. Most

people remember Dori for her sharp wit and sparkling humor, which never failed to produce an apt remark on the latest public folly or impropriety. She never lacked a kind word, however, for those she knew and loved.”

For most of the 10 years before her death this month, she also owned and operated a small commercial venture, Acton Circle Publishing Company, which produced books on starting and running small businesses. The most successful of these was “The Baker’s Trade,” by Ukiah’s Zachary Schat.

At her death she was inaugurating a campaign for contributions to the library endowment fund for a new Ukiah library. The endowment is a designated trust that exists under the exclusive control of the library advisory board. Donations in her memory should to the Mendocino County Library Endowment Fund.

Anderson leaves her husband, Tom, and a sister, Toni Kaltman Matsu of Marblehead, Mass.

There will be no services at her request.

RWT

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Striving for Imperfection

By Scott Marcus

Taking control

He tried not to wake her, but the closet light was all it took.

She rolled over, realizing he was not laying next to her, "Jeff, honey, are you OK?" her voice painted thick with the heaviness of slumber.

"I'm fine, I couldn't sleep. I've got a lot on my mind."

"Anything wrong?"

"Nothing really; instead of tossing in bed for two hours, I figured I'd get to work. Coffee's waiting downstairs; see you this evening."

"Really, she asked? Do you have to go so early? You put in lots of hours already."

"Price of management," he replied, kissing her forehead. Then closing the bedroom door, he left the house and settled into his car in the driveway.

Richard, his closest friend, had a minor heart attack last month; 56 seemed too young for a man who took care of himself. The doctor said he would be all right if he cut back his workload, exercised more, and took some down time.

In recovery, Richard complained about the timing. "I understand it was a 'wake up' call; it's just I've got so much on my plate. Of course I want to work less; take more vacations; spend more time with family. After the kids go to college, I could cut back. It's just -- Now? I mean, it would have been nice if I had some warning, you know?"

Jeff chuckled, "Like an invitation? 'You are cordially invited to your myocardial infarction on February third. Business attire suggested.'"

The adrenaline-rush of completed projects gave them both their juice; so he took on more and more. Additional challenges, different obstacles, one more hurdle to surpass. Someday, when the time was "right," he'd slow down, but that day seemed so far off. At least it did until he saw his best friend in a hospital gown.

Would it take a recovery room -- or worse to force attention toward his own health? If he didn't take it upon himself, he knew he too would not receive forewarning nor pronouncement as to life's intentions. Despite all his illusions of control, life was erratic; arriving unannounced, unpredicted, somersaulting hither and yon, crashing headlong over whatever it chooses; relying solely upon its own urges and direction. It was not a contest; either he changed on his own, or life would do it to him.

Instead of backing out of the driveway, he returned to the house to find Kate at the kitchen table, drinking her coffee and reading the paper. Her eyebrows rose, two arcs of concern, as he pulled the chair from under the white tile table and sat facing her.

"You're really OK? I thought you were heading to the office," she said.

"I've been thinking," he answered. "I need stay healthy; I'm going to start walking more often. You want to join me?"

"What about work?"

"It'll wait."

She placed the warm mug on the table, pulled her jacket from the closet, slid her hand into the space by his elbow, and pulled him into the crisp, fresh, new morning air before he had a chance to change his mind.

About the author: Scott "Q" Marcus is a THINspirational speaker and author. Since losing 70 pounds over 13 years ago, he conducts speeches, workshops, and presentations throughout the country. His new on-line support system is at www.ThisTimeIMeanIt.com

Free Feldenkrais class offered in Ukiah

By PEGGY AGNEW

Special for the Journal

Have you ever wondered what exactly is the Feldenkrais Method? Your chance to find out is next Saturday, from 10 to 11 a.m. when Peggy Agnew and Karen Poplawski will be presenting a free Awareness Through Movement class at the Grace Hudson Museum Meeting Room, 431 S. Main St., Ukiah.

This class is sponsored by the City of Ukiah, Community Services Department. You should wear comfortable, loose clothing that allows you to move freely. Mats will be provided.

The Feldenkrais Method is an experiential, movement re-education system that was developed by a brilliant man named Moshe Feldenkrais (1904 to 1984). He was an engineer, a physicist and was one of the first Europeans to earn his black belt in judo. Although physically active his whole life, he ran into trouble in his middle years, when he badly reinjured one of his knees. Rather than try surgery that had only a 50 percent chance of improving his knee, he began his own exploration to restore the function of his knee. This exploration led to the development of the Feldenkrais Method. He discovered that through directed attention to improving the quality of his movement in as many different variations as possible, he created new pathways in his brain that allowed him to restore the function to his knees, to walk without pain, and to continue his judo practice. Current brain research is scientifically confirming Feldenkrais's conviction and experience that the connections in the nervous system could be changed.

The Feldenkrais Method is taught in two different and complimentary formats: movement classes called Awareness Through Movement lessons and an individual, hands on guided movement called Functional Integration.

Awareness Through Movement can be thought of as an enjoyable and interesting approach to learning by facilitating new ways of moving, which develops self awareness. In an ATM lesson the teacher verbally



leads the students through unique sequences of movements as they are lying on a mat or sometimes sitting or standing. The lessons address every area of the body and all aspects of human functioning. Through the use of attention, perception, and imagination, students become aware of their habitual movement and discover new, more beneficial possibilities of movement.

The lessons expand each students' capacity for learning without goals or comparison to others. We use two guidelines: 1) In doing any of the movements stay well within the range of comfort and 2) if your attention begins to wander, either return to paying attention to the movement or take a rest. Following these two constraints will help the student learn new ways of dealing with novelty and challenge. The movements directly access the neuromuscular learning of the brain and can be effective regardless of age or physical condition.

The Feldenkrais Method has a wide range of applications to behavior, whether for purposes of physical and emotional health, artistic expression, sports performance, or the enjoyment of everyday life. It allows one not only to improve self knowledge but also improve the efficacy and quality of action. The benefits of Feldenkrais may include:

- Greater flexibility, coordination and balance
- Effortless good posture
- Reduced stress (physical and emotional)
- More refined athletic and artistic performance
- More restful sleep
- Strategies to improve comfort/ability in any activity
- Relief from pain and discomfort
- Prevention/ speedier recovery from injury

Functional Integration is an individual lesson tailored to the student's

specific needs. It is a hands on technique where the practitioner guides the student with gentle touch as well as verbally.

Please join us for the free class Saturday, January 12, at the Grace Hudson Museum Meeting Room and feel the joy of learning how to move with grace and ease.

For further information call either Peggy at 743-1295 or Karen at 462-6570. Regular ATM classes through the City of Ukiah will be offered Wednesdays starting Jan. 16. ATM classes at Mendocino College are offered on Tuesdays and Thursdays under the Theater Arts, Dance Department, starting January 22. See the City of Ukiah's winter/spring brochure or Mendocino College's schedule of classes for details or visit our web site at www.pacificsites.com/~kpop. Peggy and Karen offer Functional Integration lessons at their offices at Full Circle, 531 S. Main St., Ukiah.

HEALTH BRIEFS

UVMC to hold smoking cessation class on Jan. 12

Ukiah Valley Medical Center will hold a smoking cessation class on Jan. 12, from 9 a.m. to noon, in their conference room. This class is designed for smokers who have quit before for at least a week and want help in refining their personal quit smoking plans. Quitting is not about having will power over addiction. Smokers will learn to have a quit plan in place before they quit so they can resist the urge to smoke.

Smokers attending this class should already have a strong commitment to quit, know why they want to quit and be highly motivated to work their plan on their own. The program will explain how to use the American Lung Association's Freedom from Smoking student workbook and other resources to help participants quit for good.

Students must pre-register for this program by paying a \$25 fee. For more information, call Ukiah Valley Medical Center at 463-7524.

New health and education series planned

The Ukiah Senior Center is starting a new series of programs which will encompass a wide variety of subjects. Local community professionals, practitioners and individuals will provide presentations in mini workshops or lectures which will be open to citizens of all ages.

Some of the topics planned are: Health (Acupuncture, Holistic and General Health tips); How to Protect Yourself on the Web; Lifestyles; Finances/ Investments; Organizations and Community Resources such as Hospice, HICAP, Project Sanctuary; Cooking Classes; Identity Theft; Fire & security Tips; Simple First Aid (recognizing strokes, etc., what to do); Government Officials; a Durable Power of Attorney for Health Care workshop where the public could actually complete the health care directive document during the session; Business involving developing a web site; and Veteran panels or discussions.

The series is designed to stimulate interest in community service, provide helpful advice and instruction, educate and increase awareness in prevention and coping with physical ailments and to benefit the community at large.

For more information on the upcoming programs or to volunteer your services to conduct a presentation, contact Betty McGlade at 467-0960.

'Healthy Children: Body, Heart and Mind' for Jan. 24

In his brief talk, Dr. Macdonald, a dad, local pediatrician and Raise and Shine provider, will focus on a few things parents and caregivers can do to encourage healthy emotional development. The presentation will be held on Jan. 24 from 6:30 to 7:30 p.m. at Ukiah Valley Primary Care's new building at 260 Hospital Drive (Upstairs, Southeast Corner). Childcare will not be provided. For more information, call Raise and Shine at 462-1233.

HEALTH CALENDAR

ALANON: Family and friends of alcoholics; 5:30 p.m. on Mondays, noon on Tuesdays, noon on Fridays and 10:30 on Saturdays; Calvary Baptist Church, 465 Luce Ave.; 463-1867 or 621-2721.

Alateen: Meets Thursdays 8 to 9 p.m.; Calvary Baptist Church, 465 Luce Ave., enter at east side back door; 463-1867 or 621-2721.

Alcoholics Anonymous: Daily; call 462-7123, www.aaukiah.org.

Breastfeeding Support Group: meets second Wednesday from 10:30 a.m. to noon and fourth Wednesday from 10:30 a.m. to noon; Mendocino County Public Health – WIC office, 1120 S. Dora; Tess O'Connell, 472-2739.

Celebrate Recovery: Christ-centered 12-step recovery; Fridays at Trinity Baptist Church Hall, South Dora Street and Luce Ave, 6 p.m. fellowship dinner; 7 p.m. teaching/testimony; 8 p.m. men and women's small group sharing; 9 p.m. dessert/solid rock cafe. Babysitting provided. For more information call 462-6535.

Childbirth classes: Learn about nutrition during pregnancy, preparing for childbirth, breastfeeding and infant safety. Thursdays, 6 to 8 p.m., 333 Laws Ave., in Ukiah, 472-4603.

Community Healing Clinic: 20- to 30-minute sessions on a walk-in basis with a variety of health practitioners; Second Tuesday of each month, 5:30 to 7:30 p.m.; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; 463-0777; www.fullcirclewellness.org.

Council on Domestic Violence: First Wednesday, 1:30 to 3 p.m., Public Health Department, 1120 S. Dora St., Conference Room 198, in Ukiah except for May and October, which will be held at 10-Mile Court, 700 S. Franklin St. in Fort Bragg, 472-2699.

La Leche League: Breastfeeding group; meets second Tuesday, various times; Nursery Room at

Presbyterian Church, corner of S. Dora and W. Perkins; Margaret Turano, 468-9587.

Look Good Fell Better: Classes are from 10 a.m. to noon on the second Monday of each month. This program pairs women with licensed cosmetologists to eliminate the appearance related side effects of cancer treatment. This is a free class offered by the American Cancer Society at 115 E. Smith St. in Ukiah. For more information, call 462-7642 ext. 3.

Low Vision Support Group: 10 to 11:30 a.m.; Fourth Monday; at Henny Penny Resterant, 687 S. Orchard Ave., Ukiah; open to local seniors; call 523-3222.

NAMI: (National Alliance for the Mentally Ill Family Support Group) first and third Wednesdays, 6:30 p.m.; call 972-9040, 485-8033, or 467-9116 for location and information. Nami is an organization dedicated to improving the lives of people with brain disorders by providing mutual support, education and advocacy.

Multiple Sclerosis Self-help Group: People with multiple sclerosis can take one more step toward ending effects of MS at the Ukiah group; sponsored by the National MS Society; 7 p.m.; second Tuesday.

Men's Cancer Support Group: Group on summer hiatus, call for one-on-one with staff. A supportive place to share your cancer experience; second and fourth Wednesdays of each month; 6 to 7:30 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

Narcotics Anonymous: Meetings throughout county; 485-9110.

New Life Workshop: Do you need help managing your weight? Noon to 1 p.m. Thursdays; Salvation Army, 714 A S. State St., Ukiah; 468-9577.

Overeaters Anonymous: Mondays at 5:30 p.m.; Saturdays at 11 a.m.; 741 S. Oak St.; 472-4747.

Sweet Success: The California Diabetes and Pregnancy Program; support for special pregnancies in which women have diabetes; planning pregnancy or are pregnant, need extra support; 463-7527.

Tantalizing Tuesdays: Series of health related

evening discussions; First and third Tuesdays; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; from 6:30 to 8:30 p.m.; 463-0777; www.fullcirclewellness.org.

T.O.P.S.: (Take off pounds sensibly); Meets from 9:15 to 10:30 a.m., every Tuesday, at Calvary Baptist Church, 465 Luce Ave; Carolyn Madole, 463-0261.

T.O.P.S.: Low-cost, non-profit group meets every Tuesday at Autumn Leaves, 425 E. Gobbi St., in the community room. Weigh-in is from 5:30 to 6:15 p.m. Meeting is from 6:15 p.m. to 7:15 p.m.; Linda MacDonald, 467-2391.

T.O.P.S.: Every Thursday at Washington Mutual Building community room, 700 S. State St.; meeting is from 8:30 to 10:30 a.m.; it is a low-cost, weight-reduction support group; call 462-4901 or 485-7801.

T.O.P.S.: Every Friday at the Meadows Mobile Court clubhouse, 8686 East Road, Redwood Valley; weigh-in is from 9:30 to 11 a.m.; meeting is from 9:30 to 10:30 a.m.; call 485-8260 or 485-1238.

Ukiah Community Center Crisis Line: Need help? Call 463-help (4357) or 1 (800) 575-help (4357).

Ukiah Diabetes Education: The Diabetes Education Group; 7 p.m.; second Monday; 463-7698.

Ukiah Valley Blood Center/Blood Centers of the Pacific: Mondays, 9 a.m. to 4:30 p.m.; Tuesdays, 10 a.m. to 5 p.m.; Thursdays, 11 a.m. to 6 p.m.; 620 Kings Ct., Suite 110; make appointment, donate, schedule blood drive at workplace; 1 (888) 393-GIVE.

Weight-loss Surgery Support Group: Free, open to the public, Gastric Reduction Duodenal Switch (GRDS) support and information group; 1st Friday; 6 to 8 p.m.; Bartlett Hall, Ukiah Senior Center, 499 Leslie Street, Ukiah; 468-8763 or email kathlyn@pacific.net.

Women's Cancer Support Group: A supportive place to share your cancer experience; first and third Tuesday of each month; noon to 1 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

To submit information for the health briefs, call 468-3520 or email udj@pacific.net

Letters from our readers

On cell phone towers in Ukiah

To the Editor:
In a notice of public hearings, the citizens of Mill Creek Road have been informed that a cell phone tower will be installed close to their properties.

The location will expose several homes both on Mill Creek Road and Old River Road to High Frequency Radiation, visual disturbance and property value reduction. The tower is extremely close to buildings housing vineyard workers and also close to several schools and homes just across Old River Road and the adjacent Buddhist property.

The proponents of installing cell phone towers close to populated areas conveniently state that there is no radiation risk at the power levels used. The actual power levels are low compared to the electromagnetic fields under high voltage power lines. We have not, however, been informed about how the lower power very high frequency signals radiating from cell phone towers affect the nervous system and the brain in general or if the risk for cancer increases with this radiation. I am very suspicious based on my own experience.

In the 1970s, I worked at Stanford Research Institute and was exposed to all kinds radiation and so were many employees that stayed there until retirement. I have learned that an unusual percentage of them got cancer. Badly shielded cathode ray tubes may have been one cause, but many researchers also worked with other high frequency radiation sources.

Until further research on the effects on humans and animals I suggest that the cell phone towers stay away from populated areas.

Sven Wahlstrom
Ukiah

Thank goodness for people like Shirley

To the Editor:
Now that the Christmas Effort is complete for this year perhaps some don't realize that Shirley Grover volunteers her time at the Redwood Empire Fair Grounds all year to pay the 10-day rental fee for Carl Purdy Hall. At one time I was told the rental fee was over \$600 a day. What would the cost be to the Christmas Effort if it weren't for Shirley? That's money going to the community, not the rental fee. Not only does she volunteer her time for this event, she volunteers for the American Cancer Society, Hospice of Ukiah and a dedicated member of Soroptimist International of Ukiah. So when you think you don't have a spare hour or two to help, just think of what Shirley does for the community and go lend a hand.

Jessica Kimball
Potter Valley

Hm....

To the Editor:
How strange that as soon as Blackwater was exposed in Iraq, that all violence there has plummeted. Even IED attacks on our soldiers are way down. Investigate, please.

Jenny O'Hara
Elk

County workers health costs too much

To the Editor:
My husband is a long-time Mendocino County employee. Two weeks before Christmas, he brought home a letter notifying employees that there would be a 17.59 percent increase in the health care premium effective Dec. 20. Concerned that the increase was so high, I checked our old and new rates and discovered our costs would actually increase 56 percent. What an outrageous increase! It works out to about \$100 more per month for us.

LETTER POLICY

The Daily Journal welcomes letters to the editor. All letters must include a clear name, signature, return address and phone number. Letters chosen for publication are generally published in the order they are received, but shorter, concise letters are given preference. We publish most of the letters we receive, but we cannot guarantee publication. Names will not be withheld for any reason. If we are aware that you are connected to a local organization or are an elected official writing about the organization or body on which you serve, that will be included in your signature. If you want to make it clear you are not speaking for that organization, you should do so in your letter. All letters are subject to editing without notice. Editing is generally limited to removing statements that are potentially libelous or are not suitable for a family newspaper. Form letters that are clearly part of a write-in campaign will not be published. You may drop letters off at our office at 590 S. School St., or fax letters to 468-3544, mail to Letters to the Editor, P.O. Box 749, Ukiah, 95482 or e-mail them to udj@pacific.net. E-mail letters should also include hometown and a phone number.

ON EDITORIALS

Daily Journal editorials are written by Editor K.C. Meadows with the concurrence of Publisher Kevin McConnell.

In our opinion
A bright spot on South State

We congratulate Plowshares community diningroom on opening its new facility after a decade of big dreams and hard work.

At Sunday's open house, the community got its first look at the shiny new building, kitchen and diningroom where the hungry in our community will continue to get hot meals with no questions asked.

The new facility will open officially on Jan. 14 and we are delighted to see this community effort finally come to fruition. Plowshares has been located at the edge of a residential neighborhood since its inception and that has limited its operation to lunchtime meals Monday through Friday only.

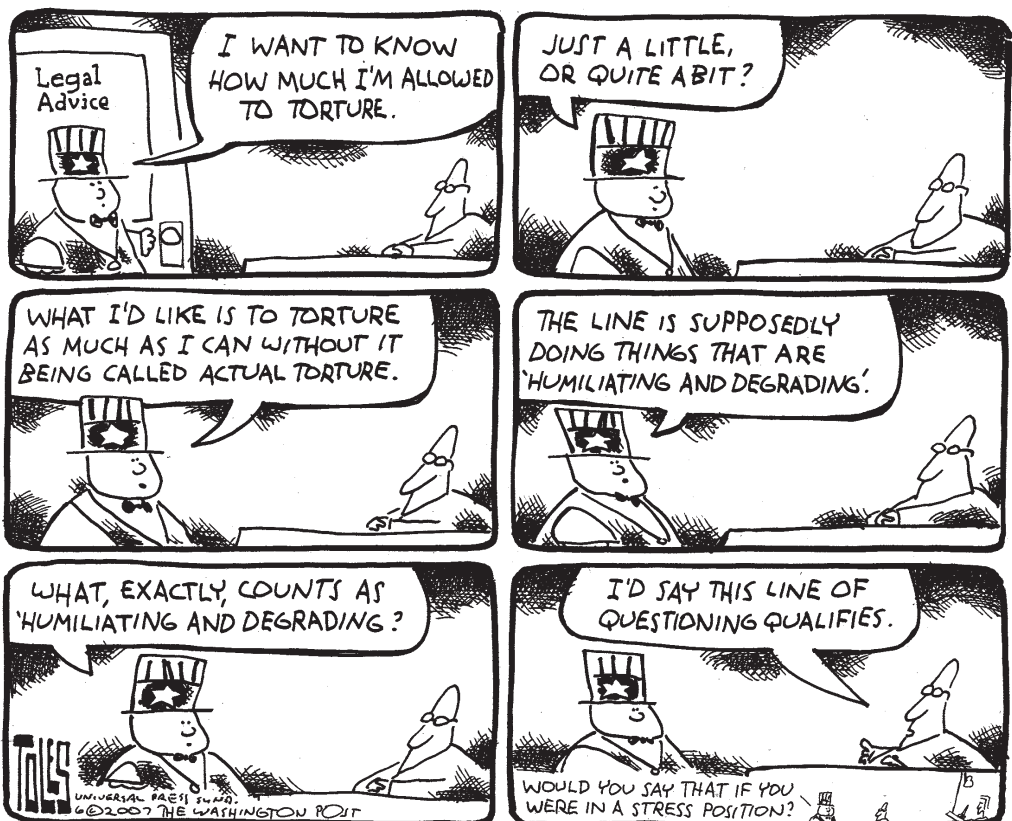
In this new space in a commercial area on South State Street, Plowshares will be able

to serve hot meals at night and seven days a week which will make its reach go much farther among the homeless and needy in our community.

Because Plowshares will now be serving in the evenings, for the first time the working poor of the community and their children will be able to go to Plowshares if they need a hot meal, something Plowshares has longed to be able to do for years.

Plowshares is another of our community's bright people-driven organizations that depends completely on community support in cash, food and volunteer hours.

They have been feeding the hungry in this town a long time and this beautiful new community diningroom is proof they have the community's support.



I thought there must have been a mistake on the chart, so I calculated the increases for each of the eight different plan choices. It turns out that the employee cost increases vary from about 27 percent to 77 percent, with the largest percentage increase going to the most basic plan with no family coverage. Funny thing -- 41 percent of all county employees have chosen this plan. Does that mean none of them have dependents, or are they just unable to pay the cost to cover them?

A major reason for the huge cost increase to employees is a "correction" to a 75 percent/25 percent employer-employee split of the health premium cost. This is a cost shift of over \$500,000 to employees. This shift is a much larger factor in the increased cost to most employees than the 17.59 percent increase in the health premium itself.

Why, all of a sudden, are the Supervisors trying to balance the budget on the backs of the employees? And why is the notice about this increase so deceptive?

Donna Salonen
Ukiah

Eagle Peak team structure unfair?

To the Editor:
In response to the parent concerned about the Eagle Peak girls basketball team, Eagle Peak is the only school to have set their team up like that coach did. All other schools in this area have a lot of girls able to play. They all have two teams -- not his team though. How unfair to all the girls who aren't on his

CYO or AAU teams. He acts like he's coaching a college team or something instead of 12-13 year old kids. What a shame!

Lori Klee
Redwood Valley

Thank you

To the Editor:
Recently, I had an occasion to get upset with the City of Ukiah over a (now seemingly small) utility issue. Putting things into perspective, in the middle of night as the rains of Noah were coming down, I looked out my window and saw a city truck driving slowly by my house checking for storm problems. As I settled back into sleep, I thought about how on the day before, Thursday, in City Hall there was a palpable, collective concentration on how to protect the City from the coming wind and rain. Sincere thanks to the City's staff.

Pinky Kushner
Ukiah

THANK YOU LETTER POLICY

Editor's note: The Daily Journal welcomes letters of thanks from organizations and individuals. We are glad that so many successful events are held here. However, thank you letters must be kept short. For that reason we have a 20-business name limit per letter. If your letter lists more than 20 businesses it will not be printed. Shorter thank you letters which do not contain lists of participants or donors will be printed more quickly. Those wishing to thank long lists of people and businesses are welcome to contact our advertising department for help with a thank you ad.

WHERE TO WRITE

President George Bush: The White House, 1600 Pennsylvania Ave., Washington, D.C. 20500; (202) 456-1111, FAX (202) 456-2461.

Governor Arnold Schwarzenegger: State Capitol, Sacramento, 95814. (916) 445-2841; FAX (916) 445-4633

Sen. Barbara Boxer: 112 Hart Senate Office Bldg., Washington, D.C. 20510; (202) 224-3553; San Francisco, (415) 403-0100 FAX (415) 956-6701

Sen. Dianne Feinstein: 331 Hart Senate Office Bldg., Washington, D.C. 20510. (202) 224-3841 FAX (202) 228-3954; San Francisco (415) 393-0707; senator@feinstein.senate.gov

Congressman Mike Thompson: 1st District, 231 Cannon Office Bldg, Washington, D.C. 20515. (202) 225-3311; FAX (202) 225-4335. Fort Bragg district office, 430 N. Franklin St., PO Box 2208, Fort Bragg 95437; 962-0933, FAX 962-0934;

www.house.gov/write rep

Assemblywoman Patty Berg: State Assembly District 1, Capitol, Rm. 4146, Sacramento, 95814. (916) 319-2001; Berg's Ukiah field representative is Ruth Valenzuela. Ukiah office located at 311 N. State St, Ukiah, 95482, 463-5770. The office's fax number is 463-5773. For email go to web site: assembly.ca.gov/Berg

Senator Pat Wiggins: State Senate District 2, Capitol Building, Room 5100, Sacramento, 95814. (916) 445-3375 Email: senator.wiggins@sen.ca.gov. In Ukiah: Kathy Kelley at 200 S. School St, 468-8914, email: kathy.kelley@sen.ca.gov

Mendocino County Supervisors: Michael Delbar, 1st District; Jim Wattenburger, 2nd District; John Pinches, 3rd District; Kendall Smith, 4th District; David Colfax, 5th District. All can be reached by writing to 501 Low Gap Road, Room 1090, Ukiah, 95482, 463-4221, FAX 463-4245. bos@co.mendocino.ca.us

From the desk of



RUBEN NAVARRETTE JR.

The annoyed white liberal

When historians look back on Barack Obama's presidential campaign many years from now, let's hope they pick up on one of the most interesting and important story lines.

You've heard how the 1994 midterm elections were shaped by the angry white male. Well, 2008 should be dedicated to the annoyed white liberal.

Even before his electrifying victory in Iowa, Obama had managed to smoke that creature out of its hole. As an African-American with a serious shot at winning the Democratic nomination, Obama immediately ran into condescension and hostility from white liberals who had other ideas about who should be president.

Much of this hostility comes not in response to anything that Obama said or did, but rather what he represents -- namely, an attempt by an African-American to shake up the Democratic electoral drama by going from supporting role to lead actor.

First, Joe Biden condescendingly referred to Obama as "articulate." Then, Hillary Clinton's New Hampshire co-chairman, Billy Shaheen, suggested that Obama could be unelectable in the fall campaign if Republicans claimed that he had been a drug dealer in his youth.

Then, just a couple of weeks ago, former Nebraska Sen. Bob Kerrey, another Clinton supporter, said of Obama that he liked "the fact that his name is Barack Hussein Obama, and that his father was a Muslim and that his paternal grandmother is a Muslim." Later, in explaining his remarks, Kerrey threw another jab by saying he wasn't troubled by the fact that Obama "spent a little bit of time in a secular madrassa."

Obama has said repeatedly that he is a Christian. And CNN debunked the madrassa story early in the campaign when a reporter visited the school that Obama attended in Indonesia and found that it didn't fit the description of a religious academy.

Kerrey eventually sent a letter to Obama, apologizing for his remarks.

At a time when Democratic leaders like to talk about "Republican dirty tricks," it's becoming clear that Democrats know a few of their own.

It's all so disappointing.

That's the word liberals tend to use whenever members of minority groups think for themselves, as if all those years of supporting expanded opportunity have just blown up in their faces by creating a batch of ungrateful affirmative action babies.

It's the word that angry liberals hurled at me when I defended former Attorney General Alberto Gonzales against a political smear campaign.

And it's the word that Elizabeth Edwards recently used to describe how she felt about Michelle Obama after she heard that Mrs. Obama was trying to discourage people from voting for John Edwards. Excuse me. Isn't this exactly what presidential candidates -- and their spouses -- do in a campaign? That's certainly what Bill Clinton has been doing on television and on the stump. He talks up his wife's credentials and downplays everyone else's.

Nonetheless, Elizabeth Edwards got testy when a voter claimed that Michelle Obama had told his 17-year-old daughter not to support John Edwards for president because the former North Carolina senator's decision to take federal matching funds subjected him to spending caps that would hurt his chances in a general election.

"I'm surprised and disappointed in Michelle," Mrs. Edwards said at a campaign event last week.

Certainly, Elizabeth Edwards has the right to defend her husband, and Michelle Obama -- having stepped into the arena -- is fair game. But there are about a million and one ways for Mrs. Edwards to communicate her disapproval of Mrs. Obama's comments. She didn't have to say she was disappointed. It's a word best not used between equals.

When Mrs. Edwards uses that word, it sounds as if she's talking down to Mrs. Obama. Both these women are lawyers, mothers and full partners in their husband's careers. One doesn't deserve any more, or any less, respect than the other.

The same goes for the candidates themselves. Barack Obama isn't off-limits. His opponents are free to criticize him just as we should expect him to criticize them. But it's how you go about criticizing someone that defines your character. And right now, some Democrats are not coming off very well.

That's a problem for them. Democrats have much of their brand tied up in the assertion that they're more progressive than Republicans, especially on racial issues. What if enough people conclude this isn't so?

Now, with his Iowa victory, Obama is on a roll. But, of course, it's still a long way to the nomination.

However this quest turns out, his supporters will be expected to forgive and forget the way their candidate was treated and support the Democratic nominee.

They may forgive. But they shouldn't forget.

Ruben Navarrette Jr. is a columnist and editorial board member of The San Diego Union-Tribune.



The Ukiah
DAILY JOURNAL

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HEALTH BRIEFS

‘A Day in Al-Anon’ set for Jan. 26

The Al-Anon Fellowship of Lake and Mendocino Counties (District Two) invites the community to “A Day in Al-Anon,” on Saturday, Jan. 26, 10 a.m. to 5 p.m., at the First Presbyterian Church in Ukiah (corner of Dora and Perkins). The Day will host two speakers, numerous workshops, a free lunch, a raffle, and fellowship. A donation of \$5 is requested for the Day. All are welcome to attend.

For more information, call Mary 743-2001 or Marian 463-1867.

Ukiah Valley Medical Center sponsored support group set for fourth Thursdays

Ukiah Valley Medical Center is now sponsoring a new health support group for those interested in weight loss surgery. The group is open to patients, potential patients, and their friends and family. Meetings are held on the fourth Thursdays of every month, unless it's a holiday -- then it's held on the third Thursday. The group will meet in the UVMC Outpatient Pavilion Lobby from 6 to 7 p.m.

For more information, call Debbie Parker, RN, at Dr. Ziad Hanna's office at 463.8126, or e-mail parkerd@ah.org.

Medicare drug plan: No late enrollment penalty for those who qualify for Extra Help

Many Mendocino County residents who qualify for Extra Help Program (a low-income subsidy plan) with the Medicare Part D prescription benefit have yet to sign up. Extra Help is available for those who meet certain income and asset criteria. If you are eligible, Extra Help can mean significant cost savings on your prescription drugs.

Those who qualify for Extra Help, enroll in a Medicare prescription drug plan through Dec. 31 will pay no late enrollment penalty.

To find out if what the qualifications are for Extra Help, call the Social Security Administration at (800) 772-1213, or visit their Web site at www.medicare.gov.

The Alliance for Rural Community Health urges the public to contact your local community health center about your Part D coverage options. To find the health center nearest you, visit the ARCH Web site at www.ruralcommunityhealth.org/members.

ARCH is a local nonprofit organization whose mission is to improve the health of local communities by strengthening and supporting the efforts of Mendocino County health centers to provide quality health care for all.

Better Breathers Club to meet in Ukiah on third Wednesdays

The American Lung Association invites persons who have been diagnosed with emphysema, chronic bronchitis, have breathing difficulties, are looking for more information on chronic lung disease, or are looking for support on how to live better with lung disease to join their Better Breathers Club program, on the third Wednesday of each month. The meetings take place in conference room 161 at the Public Health Department, 1120 S. Dora St., 1:30 to 2:30 p.m.

For more information, or to speak to a respiratory therapist, call 1-800-LUNG-USA, or visit the Web site <http://www.lungusa.org>.

Cancer Resource Centers offer free services

People living with cancer, their friends and their families are invited to call or visit the Mendocino office of the Cancer Resource

Centers of Mendocino County for free supportive services including a library of cancer-related books, tapes and magazines available for check-out, a support group for people diagnosed with cancer, cancer-care telephone workshops, accompaniment to medical appointments, and support from our patient navigators.

They have offices located on the coast and in Ukiah. The coast office is open Monday through Thursday 9 a.m. to 4 p.m. and Friday by appointment at 45040 Calpella St. in the village of Mendocino, or call 937-37833.

The Ukiah office is open Monday through Friday 9 a.m. to 5 p.m. at 590 S. Dora St. in Ukiah, and can be reached by phone at 467-3828. CRCMC is a nonprofit organization funded through local donations, events and grants.

NCO is offering CPR / First Aid classes

North Coast Opportunities Volunteer Programs offer courses in adult and child CPR/AED, plus Infant and First Aid classes. These courses teach the basic techniques of adult and or child/infant CPR and how to use an AED, classes include video lecture and hands on skill practice. Classes are held in Ukiah, on site training is available.

They have just added Pet First Aid for dogs and cats to their courses. This course provides the information that is needed to keep pets safe and act with confidence during an emergency.

For more information, call Tami at 462-2596, ext. 110..

Widows' Support Group to meet on third Tuesdays

Women who have been widowed are invited to attend the Widow's Support Group which meets on the first and third Tuesday from 11:30 a.m. to 1 p.m. at the Methodist Church Library, 209 North Pine Street, Ukiah.

The purpose of the support group is to provide widows with the opportunity to share their grief and fears with other women who have experienced loss.

The group's goal is to help members learn skills for living without a partner and to move forward in their lives. For more information about this group, contact Susan Bridge-Mount, MFT of Older Adult System of Care at 463-7885.

A Healing Cooperative offers support/counseling

A Healing Cooperative, a local non-profit, is offering the following mental health-focused services: a support center, open Monday to Friday, 11 a.m. to 3 p.m.; art classes, Mondays, Thursdays, and Fridays, 1 to 3 p.m.; Writing for Self Discovery, Tuesdays, at 11 a.m.; Men's and Women's support groups, Tuesdays at noon; Movin' On, a dual diagnosis support group, Wednesdays at 2 p.m.

These activities take place at 270 N. Pine St., at the Ukiah United Methodist Church. For more information, contact them at 462-3360, or visit their web site www.ukiahumc.org/ahc.

Warm Line open weekend evenings for county residents

An opportunity for people who need emotional support is now available as near as the closest phone on weekend evenings. Thanks to peer volunteers trained to provide support for emotional and mental health recovery, a new county-wide Warm Line is now available Friday and Saturday evenings from 6 p.m. to 10 p.m.

Expressly not a hot line or a crisis line, the new Warm Line is part of a larger Mental Health Services Act funded project to develop mental health peer support projects and opportunities in Mendocino County.

The Crisis Line is accessed by calling 463-HELP in Ukiah, 964-HELP in Fort Bragg and 459-HELP in Willits, or calling 800-575-HELP (4357).

Reader wants return to small-town doc

DEAR DR. GOTT: I'm a 67-year-old female. My husband is 68. For all our married life, we have gone to a small-town doctor for our checkups. If he sees anything he isn't familiar with, he sends us to a specialist. My friends now say we need to find a primary care physician who specializes in internal medicine, since such a doctor would be able to spot trouble faster. We did make an appointment with an internal medicine specialist, but now when we need to see him for trivial things, we can't get in a lot of the time. This often creates its own set of problems. Can you advise us what to do?

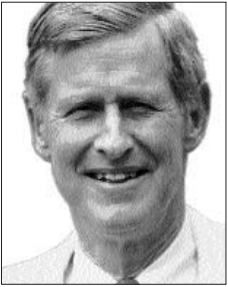
DEAR READER: Family physicians are a wonderful resource. They are as well-trained as doctors in internal medicine, and they are available and skillful. Primary care physicians can refer difficult cases to internists or other specialists as needed.

Seek out a family doctor who is professional, caring and available. Your “major” doctor was a blessing. What happened to him? Did he retire? If not, make an appointment to have a frank discussion with him and explain your concerns. It's my hope he will gladly take you back when you need to see him for what you consider to be trivial issues, and will feel comfortable, as he did in the past, in having you visit an internist when the condition dictates.

To give you related information, I am sending you a copy of my Health Report “Medical Specialists.” Other readers who would like a copy should send a long, self-addressed, stamped envelope and \$2 to Newsletter, PO Box 167, Wickliffe, OH 44092. Be sure to mention the title.

DEAR DR. GOTT: Thanks for the practical and down-to-earth medical advice you give us in the paper. My husband and I have found many useful ideas.

My husband wondered if the Vicks/duct-



ASK DR. GOTT
By Peter H. Gott, MD

tape cure for warts would work just as well for moles. I think not. Please help us settle this problem. I'm afraid he will decide to try it and harm himself.

Also, this same man seems to believe he needs every health drink, cleansing solution and sure cure he reads about. The latest is a drink that will cleanse the liver. Does his liver need to be cleansed? Please give some of your practical advice on the use of liquid supplements and cures.

DEAR READER: I don't know whether Vicks would be a suitable treatment for moles, but it is a safe option and worth trying.

There is no effective drink that will cleanse the liver. In fact, the liver doesn't require cleansing. The body takes care of that chore. The real danger to the liver is from chemicals, such as alcohol and drugs that affect it adversely, and from blockages of the bile duct caused by gallstones. Your husband should stop wasting his money on health scams.

Doctor Gott is a retired physician and the author of the book “Dr. Gott's No Flour, No Sugar Diet,” available at most chain and independent bookstores, and the recently published “Dr. Gott's No Flour, No Sugar Cookbook.” If readers would like to contact Dr. Gott, they may write him at Dr. Gott c/o United Media, 200 Madison Ave., 4th fl., New York, NY 10016.



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LOCAL
CALENDAR

This week:

- Today, UHS girls basketball vs. Piner, freshmen @ 4:30 p.m., JV 6 p.m. and varsity 7:30 p.m.
- Wed. UHS boys basketball vs. Pine, freshmen @ 4:30 p.m., JV 6 p.m. and varsity 7:30 p.m.
- Wed. Mendocino mens' basketball @ Napa Valley, 7 p.m.
- Wed. Mendocino womens' basketball vs. Marin, 6 p.m.
- Thurs. UHS girls basketball vs. Rancho Cotate, freshmen @ 4:30 p.m., JV 6 p.m. and varsity 7:30 p.m.
- Fri. Mendocino mens' basketball @ Yuba, 7:30 p.m.
- Fri. UHS boys basketball vs. Rancho Cotate, freshmen @ 4:30 p.m., JV 6 p.m. and varsity 7:30 p.m.

COMMUNITY
DIGEST

Mendo Rugby Club

The Mendocino Rugby Club is currently looking for players for the 2008 season which begins on January 26th. The team has begun practicing and practices are held on Wednesdays on the softball field at 5 p.m. All people are welcome with any experience level.

Jr. Shotgun Clinic

The Ukiah gun club will be hosting a junior shotgun clinic on January 12th from 9 a.m. - 1 p.m. The Clinic will be available to boys and girls between the ages of 8 and 17. Attendees will learn basic firearm safety, proper firearm storage, the Scholastic Clay Target Program and Basic Fundamentals of American Trap Shooting. Pizza lunch will be included. The cost is \$25, and 30 slots are available. To sign up call Coach Mann at 743-1141 or Coach Hendricks at 743-2445. Ukiah Gun Club is located on Vichy Springs Road.

Jr. Trapshooting Clinic

The clinic will be held on Jan. 12 from 9 a.m. to 1 p.m. The cost is \$25 and lunch will be provided. The topics of discussion will include safety, handling and storage of firearms, the history of trapshooting etc. Firearms and ammo will be provided. To sign up and get more info call Cliff Mann at 743-1141 or Chris Hendricks at 743-2445.

Pony League Signups

Ukiah Pony/Colt league will be having signups for the 2008 season in conjunction with Little League on Jan. 16, 17, and 22. This league is for boys and girls ages 13-17 and all games are located at Anton Stadium. Please bring a certified copy of your child's birth certificate and the signup fee of \$75. If you have any questions, call Kris at 468-3800.

Null and Sull signups

Both the North and South Ukiah Little League signups will be held Jan. 16, 17, and 22 from 6-8 p.m. in the Yokayo elementary School Cafeteria. All parents must bring the following: an original state or federal certified birth certificate, three proof of residency documents, the signup fee of \$55 for the first child and \$50 for each additional sibling, and a \$30 deposit for required service hours in the form of a check. Players can be no younger than 5 and no older than 12 by April 30 to participate in Little League. Limited scholarships will be available based on financial need. If you have an question about North Ukiah Little League, you can call the hotline at 468-4232 or visit the website at www.eteamz.com/null. For South Ukiah Little League call 468-8800 or visit their website at www.eteamz.com/sull.

Youth Softball League

The City of Ukiah Community Service Department would like to announce the beginning of registration for the 2008 Girls Youth Softball League. Participants may register individually and will be placed on teams according to their grade level. The League will be divided into the following divisions: grades K-2 (T-Ball); grades 3 and 4 (pitching machine); grades 5 and 6; and grades 7-12. League play begins in early April and will run through early June. Cost is \$50 per player (sibling discounts and Low Income Discounts are available). The registration deadline is March 7, 2008 and forms are available at the City of Ukiah (411 West Clay) and www.cityofukiah.com. For more information, call 463-6714.

Youth Soccer League

Ukiah Valley Youth Soccer League is holding their League Membership Meeting Jan. 22, 6:30 at the Consolidated Tribal Health (on North State St between Calpella and Redwood Valley) At this meeting we will elect new Board of Directors for the 2008 season, establish fee increases adopt any changes to the Constitution, By-Laws and/or General Procedures. This is an open meeting for anyone to attend and give feedback on how your season went. For further information please visit our website uvyvl.org or call the hotline at 467-9797.

Bolts need to beat Manning to keep playoff run alive

By BERNIE WILSON
AP Sports Writer

SAN DIEGO — The San Diego Chargers know all about beating Peyton Manning and the Indianapolis Colts.

They did it in Indianapolis in 2005 to ruin the Colts' 13-0 start.

They did it in San Diego in mid-November, when Manning threw a career-high six interceptions and Adam

Vinatieri missed what for him would have been an easy field goal.

None of it matters now to the Chargers (12-5), who will have to beat the defending Super Bowl champion Colts (13-3) in their stadium on Sunday in order to keep advancing in the playoffs.

Granted, Shawne Merriman is still going to try to bull-rush Manning as he did as a rookie in 2005, when he

got two sacks and forced an important intentional grounding by Manning in San Diego's 26-17 win.

In Merriman's mind, that was a long time ago.

"I think they're going to take a different approach this game, we're going to take a different approach and go out there and see what happens," the Pro Bowl outside linebacker said Monday. "We're going to get their best shot and

they're going to get ours and I think it's going to be a great game."

The Chargers are fresh off their first playoff win in 13 seasons, a 17-6 decision over the Tennessee Titans on Sunday. They won't know until later in the week whether they'll be without three-time All-Pro tight end Antonio Gates, who has an injured left big toe.

The Colts had a bye as the

AFC's No. 2 seed.

San Diego has won 11 of 13 games, among them a 23-21 decision over the Colts at Qualcomm Stadium on Nov. 11.

The Colts were missing several starters that rainy night.

It was a breakout game for two Chargers — Antonio Cromartie had three interceptions.

See MANNING, Page 7

On and off the court

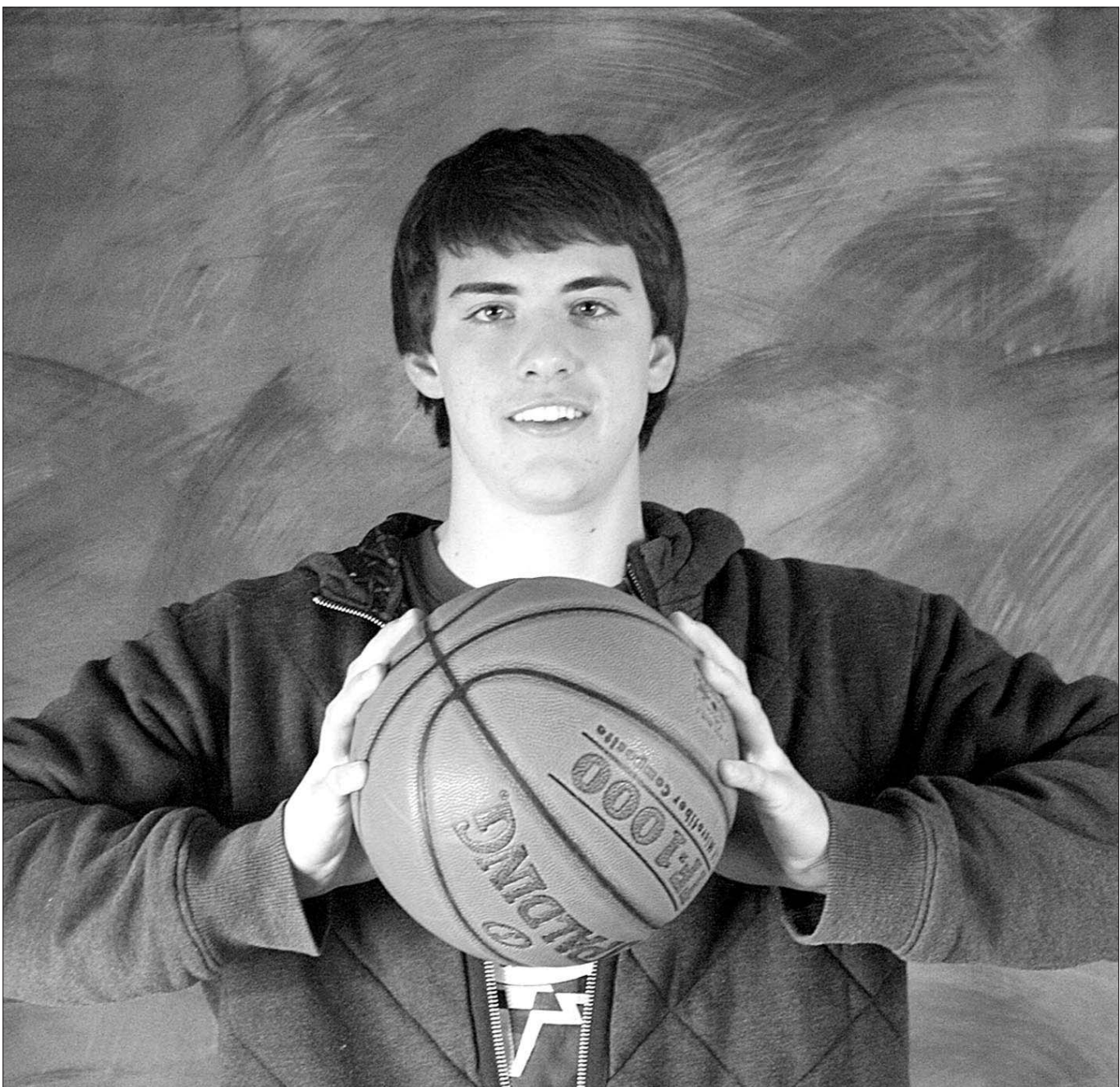


Photo by ROP Photo Student Max Walker

Ukiah High School senior Andy Walker is the captain of the Varsity Basketball team and gets a much richer experience from playing the game than any would imagine.

Walker juggles basketball, soccer, school

By CHRISTINA JAMISON
The Ukiahilite

Basketball can be summarized by saying that it is a popular game where five players from each team run a ball up and down the court and score baskets to come out on top with a victory, but for Ukiah High School Varsity Basketball player Andy Walker, it is much different.

His inside view of the game is a well put together team with a great coach. For him, basketball is a game that requires strong determination, and a great amount of teamwork.

"I like the fact that our whole team works together at this sport. One guy alone can't win the game, it's a team effort," said Walker.

Walker has been an intense player on the court for the High School since the beginning of his freshman year when

'Andy isn't just a regular high school student; he stands out in most everything he does. He is aware that basketball is a team game and works hard to win it. He always brings up the team and is determined to fix his shortcomings when he screws up.'

-Ukiah High School Varsity Basketball Coach Bill Heath

he played on the the Junior Varsity team. The following year, still on JV, he received the Captain's Award which led to the Blanket Award in his junior year.

Walker is currently the Varsity team's captain, and has already led them to an equal amount of victories as last year's record of 4:22.

When Walker is not playing ball, he likes to life weights to relax and

relieve some of the stress he holds from his reasonably difficult school schedule that includes Honors Trigonometry and Physics.

"Although a lot of my time is occupied by sports, I try hard to maintain good grades because after high school I plan on going to UC Davis to play soccer and study Biochemistry or

See WALKER, Page 7

Wildcats fall to Championship winner

For The Daily Journal

Ukiah's Lady Wildcats Varsity Basketball team lost its final game in the Novato Beade-Meaney Tournament, Saturday December 29th, to the Arcata Tigers 52/39 to take second place in the tournament.

After two great games the Wildcats failed to up the energy against the other tournament leader in the championship game. The Tigers out played the Wildcats in both the first and second quarters to take a thirteen point lead of 30/17 at half time.

"We dug a hole in the first half that we were not able to crawl out of and it seemed that we were playing uphill the whole night" said Ukiah Coach Randy Haralson.

We're not making our lay-ups and we're not getting to the free throw line enough and when we do get to the line we're shooting somewhere around 35%. It is hard to come out on the top side with those two factors working against you. We're looking forward to getting back to a regular practice routine where we can concentrate on fixing some of the things we're a little deficient in right now"

Top scorers for Ukiah were Cassie Baroni with sixteen points, three rebounds and four assists, Hillary Ruddick with eight points and two rebounds and Katie Dhooghe with seven points and ten rebounds.

Ukiah's season to date record is ten wins and four losses.



Photo courtesy of Eric Graham

Ukiah High School Varsity girls Basketball player Jessica Graham goes up for a basket earlier this season.

McNamee
says he'd
go to jail
for Clemens

By JAIME ARON
AP Sports Writer

HOUSTON — "What do you want me to do?"

Brian McNamee asked Roger Clemens that question — or variations of it — 21 times during a 17-minute taped conversation.

He never really got an answer.

A recording of last Friday's telephone call between



Roger Clemens
Accused
of using
steroids

Clemens' former trainer and the seven-time Cy Young Award winner was played at Clemens' long-awaited news conference Monday, the first time he faced a group of reporters

since McNamee's accusations were made public in the Mitchell Report on Dec. 13.

"What do you want me to do? I'll go to jail, I'll do whatever you want," McNamee said.

"I need somebody to tell the truth, Mac," Clemens told him.

Never, though, did Clemens angrily confront McNamee during the call nor did he accuse the trainer of lying when he told Mitchell he injected Clemens at least 16 times with steroids and human growth hormone in 1998, 2000 and 2001.

Asked why Clemens never directly answered the "what do you want me to do" question, his lawyer, Rusty Hardin, said: "The last thing Roger wanted, just as we did, was any suggestion that we were trying to interfere or coerce a federal witness. So, yeah, all he kept saying (was) nothing. Except you hear him throughout saying, 'Tell the truth.'"

Under state law in New York and Texas, only one party has to give consent for a phone conversation to be taped. In this case, it was Clemens.

Hardin said that because McNamee didn't deny Clemens' claims that he never used steroids, it amounted to proof that Clemens was telling the truth. Clemens said

See CLEMENS, Page 7

COMMUNITY
DIGEST

Baseball clinic

The city of Ukiah and the Ukiah High Wildcats would like to announce the beginning of registration for a baseball clinic supervised by UHS baseball coaching staff.

This clinic is completely free and will be held every Tuesday, Wednesday and Thursday from 3 to 5 p.m. and began on December 4th. The clinic is open to boys ages 13-17 all the way through the end of January.

Team in training

Train for a marathon or half marathon (run or walk), triathlon or 100-mile cycling event while raising money to help people with blood cancer. Team in Training is a major fundraiser for The Leukemia & Lymphoma Society. Learn more on Jan. 22 at 6:30p.m. at the Windsor Public Library: 9291 Old Redwood Highway Building 100, Windsor. For more information call 707-303-4800 or visit www.TeamInTraining.org/SF.

Manning

Continued from Page 6

tions and Darren Sproles returned the opening kickoff for an 89-yard touchdown, then added a 45-yard punt return touchdown later in the first quarter. Vinatieri, who'd won two Super Bowls for the New England Patriots with last-second field goals, missed a 29-yard attempt with 1:31 left.

"Peyton threw six picks and that's probably never going to happen again in his career," Merriman said.

"I think so many things happened in that game that you can almost scratch it," quarterback Philip Rivers said, "other than learning how they played you and watching individual matchups, how they played you, blocking up front, seeing the corners, how they played the wide receivers, things like that, from a scheme standpoint.

"But the way all those plays and things happened, you don't go into this game going, 'Hey guys, we wore them out the first time,' or vice versa, I wouldn't think. It's one of those games we came out on top, but I don't think it really has a huge impact as we go forward in this game."

Norv Turner, 2-1 in the playoffs as a head coach, agrees that this game is likely to be different than the past matchups with the Colts.

"I just don't know that it matters," Turner said. "This is a whole new scenario because of being in the playoffs and the importance of the game. I know it's a challenge. Because of what's happened this year in the league, people have kind of forgotten that Indianapolis won the Super Bowl last year. They were the best team in the league last year and they were about four minutes away from beating who everyone perceives is the best team in the league this year."

The week before they lost to the Chargers, the Colts led the Patriots by 10 points with less than 10 minutes left but lost 24-20.

Rivers said the Chargers, who have won seven straight games, are confident but know the challenge they face.

"Barring something crazy, we're going to be the underdogs here on out," he said. "But it doesn't really matter what's said or what's predicted. It matters what we do in the locker room and our staff and our team and what we believe, and go in there and fight hard and try to get a win."

Sunday's win over the Titans snapped a four-game postseason losing streak dating to the 1994 season. Two of those losses occurred in the past three seasons.

"We're very happy to be



Nhat V. Meyer/Mercury News

LaDainian Tomlinson and the rest of the San Diego Chargers will have to face the strong Colts before the Superbowl will be in reach.

able to win so we have an opportunity to move on," general manager A.J. Smith said.

Notes: Gates had an MRI on Monday on his injured left big toe. Gates said on Sunday that the toe was dislocated, but the Chargers are saying it's sprained.

Gates was taken off the field on a cart during the second quarter on Sunday. Turner said Gates is day to day.

FB Lorenzo Neal, who

'We're very happy to be able to win so we have an opportunity to move on.'

-Chargers General Manager A.J. Smith

broke his lower left leg in an overtime win at Tennessee on Dec. 9, will be able to practice Wednesday, Turner said.

Location, location, Location: USC, Ohio State, LSU the places to be

The Associated Press

NEW ORLEANS — The winner of Monday night's BCS national championship game between Ohio State and LSU will be able to challenge Southern California for the title of best college football program in the country right now.

Both the Buckeyes and Tigers have won BCS national title games in the last six years. Ohio State upset Miami in the Fiesta Bowl for the 2002 championship and LSU knocked off Oklahoma in the Sugar Bowl to take the 2003 BCS title. The Tigers shared the national championship that season as Southern California finished No. 1 in The Associated Press poll.

USC won the national title outright the following season by beating Oklahoma in the Orange Bowl, and came up just short of an unprecedented third consecutive championship, losing to Texas and Vince Young in the 2006 Rose Bowl.

Since 2002, USC has won 70 games. Ohio State has 66 victories and LSU has 63, coming into Monday night's game.

Over the past three seasons, Ohio State's .892 winnings percentage going into the LSU game was the best in the country, ahead of USC (.872), West Virginia (.868) and the Tigers (.847).

Ohio State coach Jim Tressel wasn't about to get into discussions about pre-eminent programs the day before the Buckeyes played in their second consecutive national title game.

Over the past three seasons

"You're only as pre-eminent as your next game," Tressel said. "And I don't know that we can make proclamations like that, because I don't know how you define that."

LSU coach Les Miles took the question about team of the decade as an opportunity to send a subtle message out to recruits.

"I can tell you, being in position to play in this game is something everybody in college football wants to be in," Miles said. "And I think it's obvious to say that certainly USC, Ohio State and LSU can say that if you want to play for a national championship, then there's some advantage to those three locations."

CAPTAIN SMITH:

This time, Will Smith stood side-by-side with the "visiting team" in the Louisiana Superdome.

Technically, the BCS national championship was held at a neutral site.

From a practical standpoint, it was more like

See LOCATION, Page 8

Clemens

Continued from Page 6

McNamee initiated the conversation by sending him an e-mail.

"He said his son was sick and dying. That's why I reached out," Clemens said.

Late Sunday, Clemens filed a defamation suit against McNamee in Texas state court, another salvo in the escalating fight between the pair, who had worked together since they met while with the Toronto Blue Jays a decade ago.

One of McNamee's lawyers, Richard Emery, said his client probably will sue Clemens in New York.

After the tape was played, Clemens took about a dozen questions from reporters before testily ending the session on the subject of the Hall of Fame.

"Do you think I played my career because I'm worried about the damn Hall of Fame?" he told a room filled with many potential voters. "You keep your vote. I don't need the Hall of Fame to justify that I put my butt on the line and I worked my tail off, and I defy anybody to say I did it by cheating or taking any shortcuts, OK?"

Hardin said the pitcher was willing to testify Jan. 16 to the House Committee on Oversight and Government Reform.

McNamee also has agreed, and the pair will have to repeat their assertions under oath on Capitol Hill. Hardin said Clemens will deny steroid use.

"I'm going to Congress and I'm going to tell the truth," Clemens said. "I'm going to tell everything that I know about the situations and

'I don't have any money. I have nothing. I'm not doing a book deal. I got offered seven figures to go on TV. I didn't do it. I didn't take it. I didn't do anything. All I did was what I thought was right — I never thought it was right, but I thought that I had no other choice, put it that way.'

-Roger Clemens' former Trainer Brian McNamee

steroids and anything else that I have knowledge about, which isn't a lot."

The committee planned to ask Clemens' representatives for the complete recording of the telephone conversation played at the news conference, said Karen Lightfoot, communications director for the panel's chairman, California Democrat Henry Waxman.

Emery said Brian McNamee Jr., 10, has celiac disease, which damages the small intestine and interferes with absorption of nutrients from food.

"It's outrageous and disgusting for them to for their own cynical purposes, to perpetuate a continuing lie, to use this child and splay his disease and disability all over the press for the world to know," Emery said. "It just shows they'll go to any lengths."

McNamee sounded distraught during the conversation.

"I'm in your corner. I don't want this to happen. But I'd also like not to go to jail, too," he said.

"I don't have any money. I have nothing," McNamee said. "I'm not doing a book deal. I got offered seven figures to go on TV. I didn't do it. I didn't take it. I didn't do anything. All I did was what I thought was right — I never

thought it was right, but I thought that I had no other choice, put it that way."

McNamee said during the call that in 2004 he warned Jim Murray, who works for Clemens' agents, to be prepared for a link to Kirk Radomski to come out.

In the Mitchell Report, McNamee said he obtained the drugs he used to inject Clemens from former Mets clubhouse attendant Kirk Radomski or Clemens supplied them.

"Any suggestion by Brian McNamee that he gave the name of Kirk Radomski to anyone at our firm is erroneous," Hendricks Sports Management said in a statement.

On Sunday, McNamee told SI.com that Clemens was "in no way an abuser of steroids."

"He took them in late July, August, and never for more than four to six weeks max," he was quoted as saying. "Within the culture of what was going on, he was just a small part of it. A lot of guys did it. You can't take away the work Roger did. You can't take away the fact that he worked out as hard as anybody."

AP sports writers Ron Blum and Rachel Cohen in New York and Howard Fendrich in Washington contributed to this report.

Walker

Continued from Page 6

Microbiology," said Walker.

He started playing basketball when he was only six years old, and has looked up to his grandfather because as Walker puts it, "My Grandpa understands that things don't just come to you in life, you have to work hard in order to have nice things, and because of this, I too have realized how hard everyone has to work to achieve their goals."

Walker places the rest of his immediate family high up on his inspiration list because he knows that they will always be there to support him in every decision he makes.

"Andy isn't just a regular high school student; he stands out in most everything he does. He is aware that basketball is a team game and works hard to win it. He always brings up the team and is determined to fix his short comings when he screws up," said Bill Heath, Varsity boy's basketball coach and Ukiah High English teacher.

Walker does everything in

'Because of the fact that we [the team] all share the same passion, I feel like we all can relate to each other in some way or another. It makes our team just a big family'

-Varsity Basketball Captain Andy Walker

his ability to help his team as a whole come out of top. As the center for the team, he understands that he must work just as hard as everyone else on the team.

"Because of the fact that we [the team] all share the same passion, I feel like we all can relate to each other in some way or another. It makes our team just a big family," said Walker.

While the basketball season continues, Walker can truthfully say that he has and will continue to try to his fullest extent to come out on top and win each and every game.

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Location

Continued from Page 7

a home game for LSU, which is a 90-minute drive away, not to mention that New Orleans is home to countless LSU graduates and even more Tigers fans.

Smith, a defensive end for the New Orleans Saints, played for the Ohio State squad that won a national title in the 2002 season. He accepted an invitation to be an honorary captain for the Buckeyes against LSU.

Smith said he was proud to see how the city is slowly being rebuilt after the devastation of Hurricane Katrina 2 1/2 years ago.

“Unfortunately we had to go through it, but just to see all the positive people, seeing all the outside people coming in trying to do as much as they can to help the city rebuild itself has been great,” he said. “Just as long as we can keep it going and get this city back to where it used to be.”

HOT TICKETS:

When two flagship state universities with storied college football programs and enormous fan bases meet for a

national championship, the demand for tickets is obviously high.

How high?First, the Louisiana Superdome’s 74,000 seats for Monday night’s game between Ohio State and LSU sold out immediately, as expected.

Then, many of those who had tickets began to offer them at online ticket exchange sites, and there were tons of takers.

The online ticket broker StubHub.com said the BCS championship game surpassed last year’s Super Bowl as the top-selling event in the Web site’s history, based on dollar volume.

Meanwhile, statistics on the Web site backed up the notion LSU will have a larger share of fans at the game, being played at the Superdome, just a 90-minute drive from the LSU campus in Baton Rouge.

The site said 37 percent of ticket buyers were from Louisiana, while 13 percent were from Ohio. Meanwhile, 12 percent from Texas, where many Louisiana natives have moved during consolidation of the oil industry and the aftermath of Hurricane Katrina.

Following Sunday’s sales, StubHub said the average price of a ticket purchased on

the site was \$1,395. As of early Monday afternoon, the lowest price for tickets was \$640 apiece for seats in the top deck behind the end zone.

Since tickets for the game began selling on the site, the most expensive purchased were club sideline seats that sold for \$4,300 apiece, while the cheapest were third deck end zone seats for \$475 apiece.

UP NEXT:

Ohio State and LSU face tough tests next September.

Ohio State takes on USC in Los Angeles on Sept. 13 after opening against Youngstown State and Ohio University.

The Buckeyes also visit Wisconsin and Illinois, and they play Penn State and Michigan at home.

After three nonconference home games, LSU opens the SEC schedule at Auburn. It’s the first of three tough road trips in a four-week span, along with games at Florida and South Carolina.

The Tigers get Georgia and Alabama at home, and the Nov. 8 game against the Crimson Tide will mark the return of Nick Saban to Baton Rouge for the first time since he left for the NFL’s Miami Dolphins.

GOOD EXCUSE:

All across Ohio on Monday, thousands of people used up sick days or exhausted an early vacation day — some to travel to New Orleans, some to gear up for the game on TV — to watch their Buckeyes against LSU in the national championship game.

“Some of our people are definitely using their time off for the game,” said Liz Christopher, a spokeswoman for Nationwide Insurance, one of Columbus’ major employers.

Government meetings throughout the state were postponed or shortened. Some colleges canceled night classes.

Ohio State students started winter quarter Monday — with many of them in the Louisiana Superdome or on Bourbon Street, not in classrooms in Columbus.

A downtown Columbus movie theater showed the game for free on a 65-foot screen. Many downtown lunchtime restaurants that usually close early stayed open late to offer takeout.

And bars geared up for a booming night.

There was a parking ban on both sides of three campus-area streets until 4 a.m. Tuesday to keep clear the areas where vehicles have been damaged after previous

Ohio State football games.

HEFTY BONUS:

According to the contract he signed on June 30, 2006, Tressel receives a \$200,000 bonus for getting the Buckeyes into a No. 1 vs. No. 2 Bowl Championship Series game.

That figure swells his annual salary to about \$2.5 million, not counting academic and graduate-rate bonuses.

The interesting part of the contract includes this clause: “If coach participates in the No. 1 vs. No. 2 BCS bowl game during the term of this agreement and wins such game, coach and the university agree to begin negotiating, in good faith, the terms for a new employment agreement.”

In other words, should the Buckeyes beat LSU, Tressel and his lawyer or agent may just be giving athletic director Gene Smith a call to request a new contract.

BUCKEYE BUZZ:

An estimated 15,000 fans — almost every single one dressed in scarlet and/or gray — crowded into the New Orleans Convention Center on Sunday for a Buckeye Bash pep rally.

Even with a 40-minute

delay from the scheduled 3 p.m. start, the place was buzzing. The huge monitors on the back of the stage showed film clips from Ohio State glories of the past, with the biggest cheers saved for clips of the Buckeyes winning the 2002 national championship.

Two-time Heisman Trophy winner Archie Griffin, president and CEO of the sponsoring Ohio State Alumni Association, opened by saying that this year’s Buckeyes have overcome obstacles all year long and “I have no doubt, no doubt at all, we’ll overcome another one tomorrow night in the Superdome.”

Mayors Michael Coleman of Columbus and Ray Nagin of New Orleans were introduced, with Coleman presenting his counterpart with an Ohio State hat. Pressured to put it on, Nagin said, “You know you just got me into big trouble.”

Nagin urged the fans to eat lots of food and spend lots of money in New Orleans, then grinned as he added, “Before you leave, don’t forget to pay your city of New Orleans taxes at Harrah’s Casino.”

Coach Jim Tressel told the fans they were important players in the game on Monday night and then added, “Curfew tonight is 11 p.m. You have to get some rest.”

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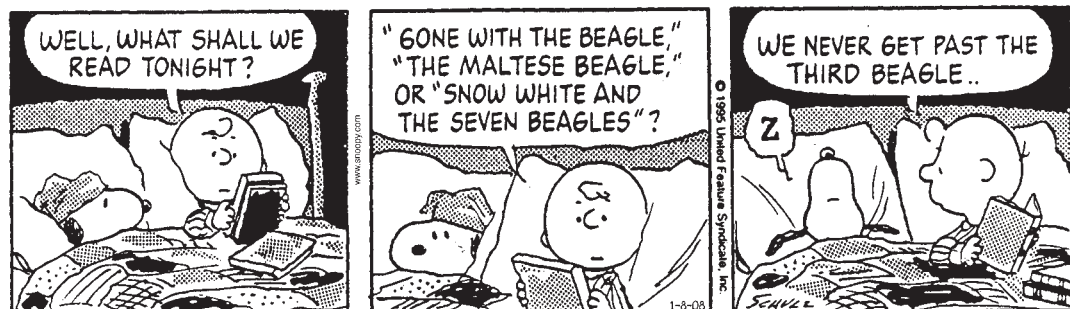
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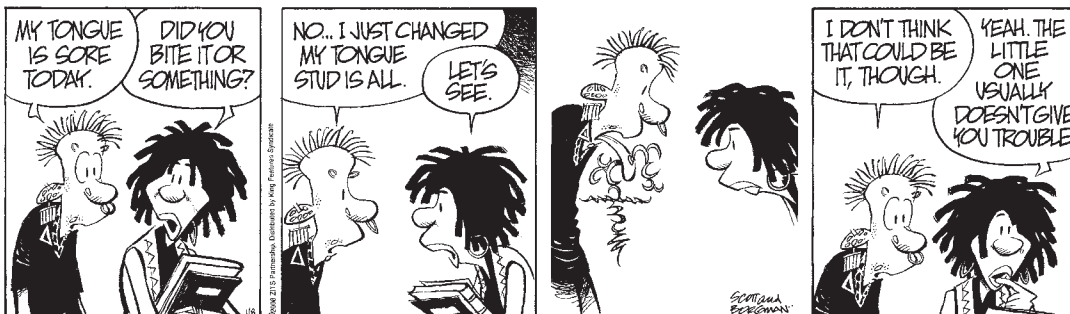
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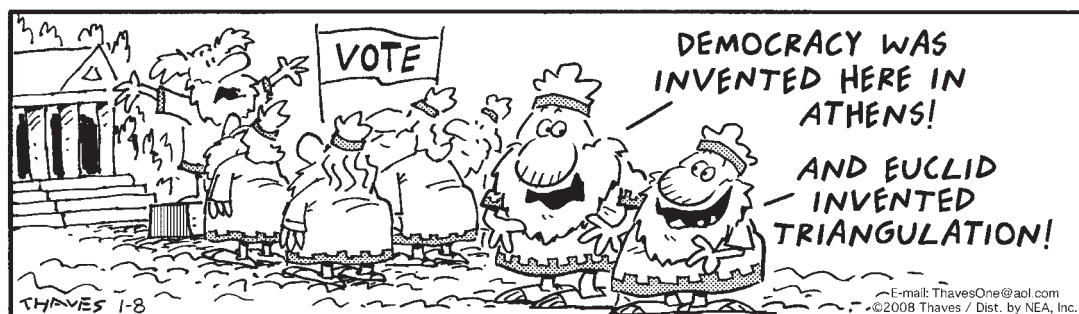
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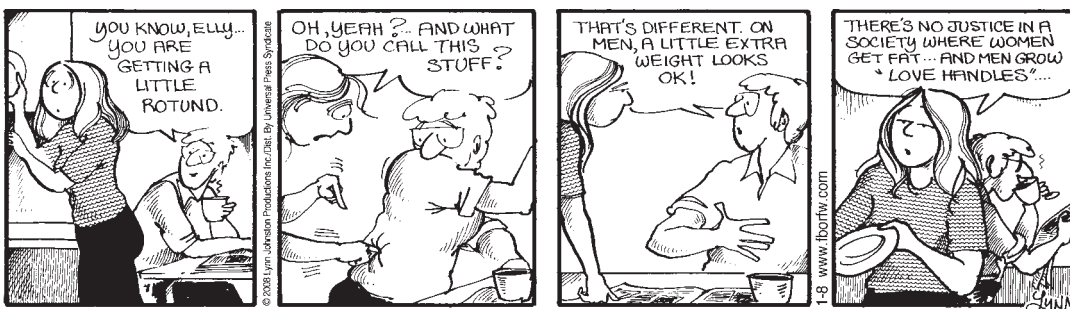
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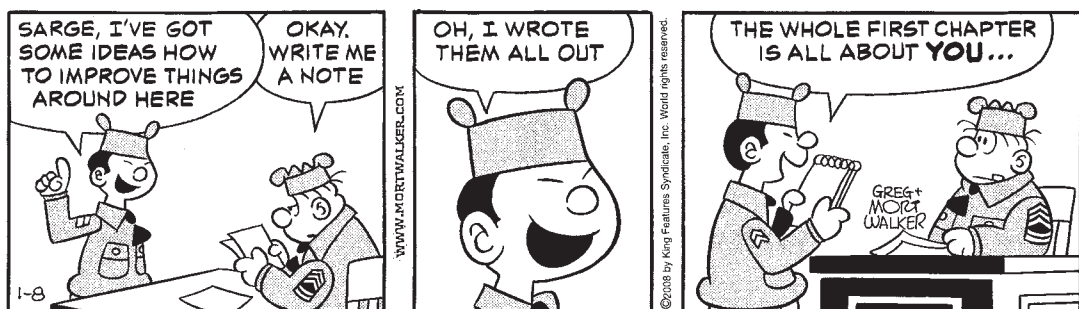
FOR BETTER OR FOR WORSE

by Lynn Johnson



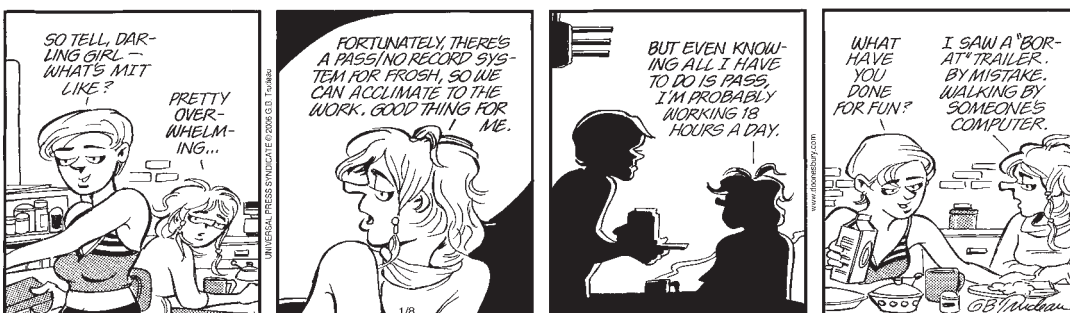
BEETLE BAILEY

by Mort Walker



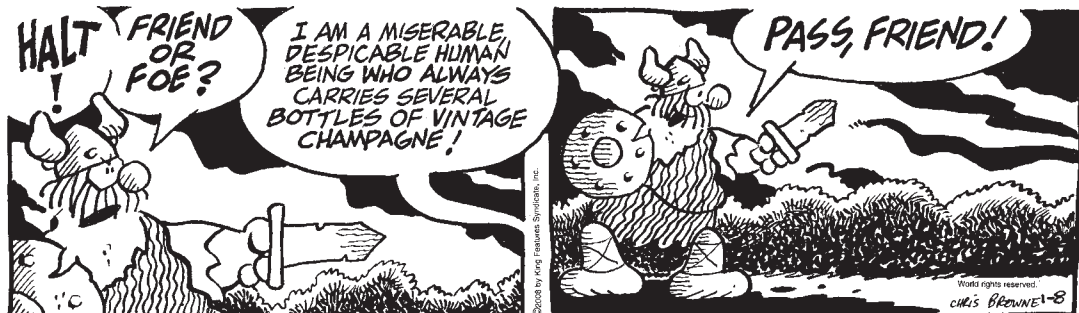
DOONESBURY

by Gary Trudeau



HAGAR THE HORRIBLE

by Dik Browne



Datebook: Tuesday, January 8, 2008

Today is the eighth day of 2008 and the 18th day of winter.

TODAY'S HISTORY: In 1815, Andrew Jackson defeated the British at the Battle of New Orleans.

In 1877, Crazy Horse fought -- and lost --

his final battle against the U.S. Cavalry.

In 1916, Allied forces retreated from Turkey's Gallipoli Peninsula after a crushing defeat.

In 1982, AT&T agreed to give up its 22 local "Baby Bells."

TODAY'S BIRTHDAYS: Jose Ferrer (1912-1992), actor; Elvis Presley (1935-1977), singer/actor; Soupy Sales (1926-), TV personality, is 82; Stephen Hawking (1942-), physicist, is 66; David Bowie (1947-), musician, is 61; R. Kelly (1967-), singer, is 41.

TODAY'S SPORTS: In 1901, the first American Bowling Congress-sanctioned tournament was held in Chicago, Ill.

nament was held in Chicago, Ill.

TODAY'S QUOTE: "People who boast about their I.Q. are losers." -- Stephen Hawking, when asked his I.Q. by a New York Times reporter

TODAY'S FACT: About 600,000 people annually visit Elvis Presley's Graceland estate.

TODAY'S MOON: New moon (Jan. 8).



ASTROGRAPH

By Bernice Bede Osol



Wednesday, Jan. 9, 2008

Notable changes will emerge from your personality that will allow you to take a kinetic leadership role in the year ahead. Don't be surprised when you look behind you and find a crowd following you every move.

CAPRICORN (Dec. 22-

Jan. 19) -- When it comes to matters pertaining to your financial well being, you are more imaginative and clever than usual, which will serve you well. Steer clear of other ideas that are not as good as yours.

AQUARIUS (Jan. 20-Feb. 19) -- Your words will have more weight than you realize, so think carefully before you speak. For either good or ill, your comments will make a profound and last-

ing impression on anyone within earshot.

PISCES (Feb. 20-March 20) -- Much can be learned by quietly observing the way those you admire successfully handle tricky situations. Your bright mind will be able to figure out how to apply their skills to your own personal affairs.

ARIES (March 21-April 19) -- Sound out your new concepts or your latest ideas on things with some good friends. Discussions with them will help you find the missing pieces you are looking for.

TAURUS (April 20-May 20) -- Although you are not looking for the spotlight to be on you, it will be -- just

because you are acting like your likeable self. Your bright, intellectual mind will draw attention from co-workers and friends alike.

GEMINI (May 21-June 20) -- Your probing mind will be working overtime, but not on insignificant details. Your interests and attention will be drawn to comprehending complicated or profound issues that you are seeking to grasp.

CANCER (June 21-July 22) -- By putting your head with another in order to promote a joint endeavor, you can double your chances for success. The other person will remember what the other forgets.

LEO (July 23-Aug. 22) -- Because of your natural abili-

ty to harmonize your opinions or views with persons, you will automatically be a welcomed addition to any group. You will not have to be anything special, so just be yourself.

VIRGO (Aug. 23-Sept. 22) -- Quality time devoted to any creative endeavor will be time well spent. Your talents and efforts will provide you with personal fulfillment and a sense of pride about your accomplishments.

LIBRA (Sept. 23-Oct. 23) -- Find a stimulating social outlet with friends or acquaintances who are just as enthusiastic about having a good time as you are. Leave the uninspiring people to their own devices.

SCORPIO (Oct. 24-Nov.

22) -- Friends or family who visit your place will greatly enjoy themselves because you will know exactly what to do in order to provide your guests with a memorable experience.

SAGITTARIUS (Nov. 23-Dec. 21) -- Your quick mind and charming disposition are two dynamic assets that enhance your personality and equip you with the intelligence to use them to your advantage. You will know how to turn serious matters into lighthearted ones.

Trying to patch up a broken romance? The Astro-Graph Matchmaker wheel can help you understand what to do to make the relationship work. Mail \$2.75 to Matchmaker, P.O. Box 167, Wickliffe, OH 44092-0167.

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Puzzlers

ACROSS

1 "— bad was it?"
 4 Go undercover
 7 Doll's cry
 11 Tavern order
 12 Bird abode
 14 Grasping
 15 Provided provender
 16 Puny pup
 17 Cleave
 18 Like some salads
 20 Girls, slangily
 22 — kwon do
 23 Sweetie-pie
 24 Desolate
 27 Sympathize
 30 Be entitled to
 31 Verdict givers
 32 Fashion accessory
 34 Fifi's date
 35 Shows distress
 36 Trig function

DOWN

37 Jim-dandy
 39 Package tour feature
 40 Very pale
 41 Ebenezer's oath
 42 Beats it
 45 Burned and looted
 49 Gawk
 50 Outback mineral
 52 Scurry along
 53 Medicinal plant
 54 Basilica area
 55 Planet, in verse
 56 Shaggy beasts
 57 Was in charge of
 58 Home tel.

Answer to Previous Puzzle

H	B	O			L	I	E	S		B	E	D
E	Y	R	E		E	A	R	P		A	P	E
R	E	A	R		R	A	N	G	E	L	E	A
A	S	L	E	E	P				W	I	D	E
			C	B	S		L	I	D			
A	K	I	T	A		C	E	N	S	U	S	
D	O	T	S		D	I	N	G		R	U	B
S	O	L		I	O	N	S		A	S	E	A
	K	L	U	D	G	E		P	L	A	T	S
			G	E		S	I	T				
A	L	O	H	A			T	E	A	C	U	P
F	O	G			T	H	I	R	D	R	A	T
A	C	E			E	A	S	E		S	K	E
R	O	E			S	H	A	W		E	S	S

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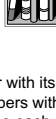
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14 acid
 19 Laurel or Kenton
 21 — cow!
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 25 Desk furnishing
 26 Buffalo's lake
 27 Rich red
 28 Tease
 29 One, to Helmut
 31 Houston space center
 33 Toothpaste type
 35 Fleece
 36 Area of London
 38 Comes around
 39 Flagged down
 41 Heroic
 42 Dispatch, as a dragon
 43 Rum mixer
 44 Pawn taker
 46 Explorer — Heyerdahl
 47 The Emerald Isle
 48 Rookie socialites
 51 Comrade

THE LEARNING CHALLENGER

by Robert Barnett



DIRECTIONS:

- A. Using each "Chaos Grid" number with its letter one time, arrange the numbers with their letters for the "Order Grid" so each vertical column, horizontal row, and two diagonals each ADD to numbers inside thick lined cells.
- B. Some correct numbers with their letters have been put into the "Order Grid" to get you started. Also, above the "Order Grid" is a "Decoded Message" clue.
- C. After you have solved the "Order Grid" doing as direction "A" says, put the letters from horizontal rows, from left to right, under "Decoded Message" and make words to form the answer.

CHAOS GRID

8	44	2	41
A	F	Y	A
42	10	38	-1
T	F	O	S
39	4	11	5
N	G	S	O
41	43	5	36
D	L	I	R

CLUE: ELLA FITZGERALD

ORDER GRID

				92
				92
		43		92
	2		44	92
	Y		F	92
11				92
S				92
92	92	92	92	92

DECODED MESSAGE:

1/8/2008

ANSWERS IN NEXT EDITION

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Answers to Previous Learning Challenger

WORN-OUT OR RAVELED

30	5	14	26
W	O	R	N
3	37	32	3
O	U	T	O
31	6	0	38
R	R	A	V
11	27	29	8
E	L	E	D

1/7/2008

Run in papers of Tuesday, Jan. 8, 2008

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present.
Each letter in the cipher stands for another.

Today's clue: J equals M

" W D W C D L V X H H X H V J W I L N W D W C
L H C X H V . " - L Z P X E X C L N " Y K L
D L V X H H X H V X N Y K L J T N Y
X J E T P Y W H Y E W P Y T S Y K L M T P I . "
- E O W Y T

PREVIOUS SOLUTION — "Whoever said, 'It's not whether you win or lose that counts,' probably lost." - Martina Navratilova

(c) 2007 by NEA, Inc. 1-8

JUMBLE

by Henri Arnold and Mike Argiron

Unscramble these four Jumbles,
one letter to each square,
to form four ordinary words.

CULOT

--	--	--	--	--	--

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RIBAN

--	--	--	--	--	--

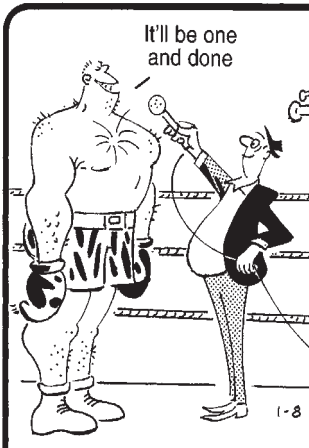
TUNBOT

--	--	--	--	--	--

RESOOM

--	--	--	--	--	--

www.jumble.com



**WHEN THE HEAVY-
WEIGHT CHAMP WAS
INTERVIEWED, IT
WAS----**

Now arrange the circled letters
to form the surprise answer,
as suggested by the above cartoon.

Answer:

--	--	--	--	--	--

A

--	--	--	--	--	--

(Answers tomorrow)

Yesterday's

Jumbles: HABIT CHAFE FITFUL VERMIN
 Answer: What the math teacher enjoyed when she retired — THE "AFTER-MATH"

Woman seeks advice on a possible future with a gay man

Dear Annie: I am a woman in love with a gay man. I told "Geoff" how I feel, hoping it would alleviate the feelings, and for a while, it did. But the feelings are coming back and I can't seem to control them.

Geoff and I go on “dates” that I absolutely love. We joke around a lot about our relationship. I am not seeing anyone else at the moment and wonder if this is the reason why I am so crazy about him. I get very jealous when he’s with other women, even though I know nothing is going to happen.

A close friend told me recently that Geoff has been confused about his sexuality for years. I'm sure this is why I still have hope that one day he and I can be together. Lately, I've been waking up in the morning thinking about kissing him.

I want to talk to Geoff about this, but I don't want to come on too strong or seem obsessed. I don't expect Geoff to feel the same about me. Right now, he believes I've gotten past this,

ANNIE'S MAILBOX

By Kathy Mitchell and Marcy Sugar

and a part of me wants to keep it that way. I want this craziness to stop before everything gets out of hand. What should I do? -- Terribly Confused

Dear Confused: We think Geoff is flirting with you just enough to keep your hopes alive. Confusion about his sexuality could explain it, but it's also possible he simply enjoys having that kind of power over you. You need to spend less time with Geoff and more with men who are actually available. Geoff has become a crutch -- a way to avoid other, more intimate relationships -- and there's nothing wrong with telling him that. Let your friends know you are looking, and see if you can turn this slightly

unbalanced relationship with Geoff into a true friendship without unrealistic expectations.

Dear Annie: I have been married to a wonderful woman for 25 years. It's an ideal marriage except for one small detail.

My sweetheart is ALWAYS late for everything. In 25 years, we have never been on time for an appointment, a social gathering, dinner, etc. After all this time, it's beginning to wear on me. Since she is otherwise terrific, should I continue to accept this or keep trying to get her to be punctual? Anytime I bring it up, she becomes very defensive. -- Seattle Suburbs

Dear Seattle: Some people cannot plan their time well, others like the attention or control that comes from making people wait. We doubt, after 25 years, that your wife will become more punctual unless she works on it. If you are willing to use drastic measures, you can tell her you will leave on time and if she's not ready, you will go alone and she is welcome to take a taxi. If she is as wonderful, terrific and ideal as you say, we'd suffer through this annoying glitch. Maybe if you stop getting upset when she's not on time, she'll stop trying

so hard to be late.

Dear Annie: I read the letter from “Stressed in Georgia,” who was using pot to counter his anger and stress problems.

I am a lawyer, my wife is a doctor and we have five children, ages 16-23. My wife and I have been smoking pot in moderation for 30 years. It helps us to relax, counters nausea when we have the flu and has many other medical uses to alleviate discomfort. It is safe and non-addictive, unlike alcohol, cigarettes and countless prescription drugs.

The scientific literature overwhelmingly documents its medical value. And prohibition doesn't work. Studies show it is easier for a teenager to buy marijuana than it is to buy a beer or cigarettes because those things are regulated. The majority of voters have approved the medical use of marijuana. Please help advocate the regulation of marijuana. -- Santa Rosa, Calif.

Dear Santa Rosa: We do, in fact, advocate the decriminalization and regulation of marijuana. However, since it is still illegal, we cannot in good conscience tell our readers to use it.

TUESDAY EVENING												
1/8/08	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
BROADCAST CHANNELS												
(2)	News	Friends ∩	Friends ∩	Seinfeld	Bones "Pilot" ☒		House "Pilot" ☒		Ten O'clock News (N)	Seinfeld ∩		
(4)	News (N)		Extra (N)	Hollywood	The Biggest Loser: Couples (N) ∩ ☒				Law & Order: SVU	News (N)		
(5)	News (N) ☒		Health	Judge J.	NCIS "Family" ∩ ☒		The 34th Annual People's		Choice Awards ☒	News (N)		
(6)	News (N) ∩		Jeopardy!	Fortune	Laughs	Laughs	Jim	Carpoolers	Boston Legal (N) ☒	News (N)		
(6)	News-Lehrer		Calif. Gold	Travels	Nova (N) ☒ (DVS)		American Experience		Frontline (N) (DVS)	Crank		
(8)	Paparazzi		Alma Gemela		Película se Anunciará				Alma Gemela	Night Show		
(9)	News-Lehrer		Business	Quest	Nova (N) ☒ (DVS)		Ice Pilots ∩ ☒		Frontline (N) ☒ (DVS)	Ind Lens		
(20)	Fresh Pr.	My Wife	My Wife	Jim	Law Order: CI				Jim	Married...	Reno 911!	
(36)	Still Std	Still Std	70s Show	TMZ (N) ∩	Paid Prog.	Paid Prog.	Seinfeld	70s Show	Frasier	Frasier ∩	TMZ ☒	
(40)	Family Guy	Seinfeld	Two Men	Raymond	Bones "Pilot" ☒		House "Pilot" ☒		News (N) ∩ ☒		Two Men	
(44)	Lopez	Simpsons	Simpsons	Two Men	One Tree Hill (N) ☒		One Tree Hill (N) ☒		Family Guy	Family Guy	Two Men	
(50)	The Insider	Entertain	Still Std	Still Std	Raymond	Raymond	Frasier	Frasier ∩	The Insider	Entertain	Blind Date	
CABLE CHANNELS												
A&E	The First 48 ☒		The First 48 ☒		The First 48 ☒		The First 48 ☒		Parking	Parking	Paranormal	
AMC	"Lara Croft Tomb Raider"			Movie: ★★ "Species" (1995) Ben Kingsley			Movie: ★★ "Below" (2002) Matthew Davis					
COM	(5:00) "The Shrink Is In"		Scrubs ∩	Scrubs ∩	Daily Show	Colbert	Futurama	South Park	Chris Rock	Daily Show		
DISC	Cash Cab	Cash Cab	How-Made	How-Made	Daily Jobs		Dirty Gobs (N)		Assembly Req.	MythBust		
DISN	Cory	Cory	Montana	Suite Life	Movie: "Get a Clue" (2002) ☒		So Raven	So Raven	Life Derek	Suite Life		
ESPN	College Basketball Florida		at Alabama ☒		SportsCenter (Live) ☒		NFL Live	Fastbreak	SportsCenter (Live) ☒	SportsCtr.		
FAM	8 Rules	8 Rules	Grounded	Grounded	Funniest Home Videos		Funniest Home Videos		Funniest Home Videos		700 Club	
FSB	NHL Hockey		Shark Bite	Knockouts	Toughest Cowboy		Best Damn 50		Final Score		Top 50	
LIFE	Reba ☒	Reba ☒	Still Std	Still Std	Reba ☒	Reba ☒	Movie: "Widow on the Hill" (2005, Drama) ☒					Will-Grace
NICK	Drake	Drake	Zoey 101	School	SpongeBob	Drake	Home Imp.	Home Imp.	Lopez	Lopez	Fresh Pr.	
SCI FI	Guinea Pig	Guinea Pig	ECW (Live)		Guinea Pig	Guinea Pig	Flash Gordon ∩ ☒		Twilight Z.	Twilight Z.	The X-Files	
TBS	Friends ∩	Raymond	Raymond	Raymond	Family Guy	Family Guy	Family Guy	Family Guy	The Office	The Office	Sex & City	
TNN	CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: NY ∩	
TNT	Law & Order ☒ (DVS)		Law & Order ☒ (DVS)		Cold Case "Stalker" ∩		Cold Case ∩ ☒		Cold Case "Hitchhiker"		Cold Case	
USA	Law & Order: SVU		Law Order: CI		Law & Order: SVU		Law & Order: SVU		Movie: ★ "Coyote Ugly" (2000)			
WGN	Funniest		Funniest		WGN News at Nine (N)		Scrubs ∩	Scrubs ∩	Corner Gas	Becker ∩	Funniest Home Videos	
PREMIUM CHANNELS												
HBO	Movie: ★★ "Bird on a Wire" (1990) ☒				Movie: ★★ "We Are Marshall" (2006) PG				(15) Movie: "Music and Lyrics" (1990)			
MAX	"Epic" (20)		Movie: ★★ "Banditas" ∩		Movie: "Fear and Loathing in Las Vegas" R				Movie: ★★ "Darkman" (1990)			
SHOW	(5:30) Movie: "Dick"		(15) Movie: ★★ "The Groomsman" (2006)		The L Word ☒				Movie: "The Green Mile" (1999)			

Relish what's coming!

America's first food magazine distributed in your local paper. Celebrate the love of food with recipes and stories from people and place that make food great. Relish what you eat, because good things happen around the table.

First Wednesday of every month

The Ukiah
DAILY JOURNAL



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The Ukiah
DAILY JOURNAL

The most reach in this community!

**Mendocino County's
Local Newspaper**
ukiahdailyjournal.com

The Ukiah Daily Journal Classifieds



707-468-3500

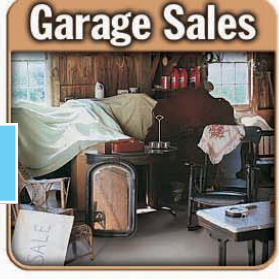

Music

Pets

Livestock

For Sale

Apartments

Homes for Sale

Garage Sales

Local • Statewide • Countywide • One Call - One Bill - We make it EASY for you!


Jobs

Furniture

Announcements

010...Notices
020...Personals
030...Lost & Found
040...Cards of Thanks
050...In Memoriam
060...Meetings & Events
070...Travel Opportunities

Employment

100...Instruction
110...Employment Wanted
120...Help Wanted
130...Sales Help Wanted
140...Child Care

Services

200...Services Offered
205...Financial Services
210...Business Opportunities
215...Businesses for Sale
220...Money to Loan
230...Money Wanted
240...Investments
250...Business Rentals

Rentals

300...Apartments Unfurnished

310...Apartments Furnished
320...Duplexes
330...Homes for Rent
340...Vacation Rentals
350...Rooms for Rent
360...Rest Homes
370...Wanted to Rent
380...Wanted to Share Rent
390...Mobiles & Space

General Merchandise

400...New & Used Equipment
410...Musical Instruments
420...Boats
430...Building Supplies
440...Furniture
450...Wanted to Buy
460...Appliances
470...Antiques
475...Computers
480...Miscellaneous for Sale
490...Auctions
590...Garage Sales

Farm-Garden-Pets

500...Pets & Supplies

510...Livestock
520...Farm Equipment
530...Feed/Pasture Supplies
540...Equipment Rentals
550...Produce

Transportation

600...Aviation
610...Recreational Vehicles
620...Motorcycles
630...Auto Parts & Acc.
640...Auto Services
650...4X4s for Sale
660...Vans for Sale
670...Trucks for Sale
680...Cars for Sale
690...Utility Trailers

Real Estate

710...Real Estate Wanted
720...Mobile Homes for Sale
730...Mobile Homes with Land
740...Income Property
750...Ranches
760...Lots/Acres
770...Real Estate

800 JUST LISTED!

JUST LISTED

Let us feature your
ad in this space on
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Only **\$10⁰⁰***

*Does not include price of ad

930-07

12-24,29/07,1-3,8/08
**ORDER TO SHOW CAUSE
 FOR CHANGE OF NAME**
 Case No. SCUVCVPT0750556
**SUPERIOR COURT OF CALIFORNIA,
 COUNTY OF MENDOCINO, Court House,**
 Ukiah, CA 95482
 IN THE MATTER OF THE APPLICATION
 OF: **Marcos Reynaldo Cantu**
 THE COURT FINDS that Petitioner(s) **Angela
 Jones-Marston** has/have filed a Petition for
 Change of Applicant(s)' name
 FROM **Marcos Reynaldo Cantu**
 TO **Marc Rey Cantu-Marston**
 THE COURT ORDERS All people interested
 in this matter appear before this court to show
 cause why this application for change of
 name should not be granted on:
 HEARING DATE: **January 18, 2008 at time
 a.m. in Dept E, located at Court House, 100
 N. State Street, Ukiah, California 95482**
 Dated: **December 19, 2007**
 /s/ Richard J. Henderson
 JUDGE OF THE SUPERIOR COURT

014-08

1-4,7,8,9,10/08
 The Anderson Valley Fire Department is
 soliciting bids for supplying a prefabricated met-
 al building approximately 40 feet by 65 feet
 with two 12X24 foot doors. Bid includes all
 materials, design and engineering specifica-
 tions plus delivery cost to our site in Philo,
 California. Bid is for the above items only;
 construction will be done by others. Sealed
 Bids must be received by 1 PM Wednesday,
 January 23, 2008. For further information
 contact the Anderson Valley Fire Department,
 P.O. Box 398 Boonville CA 95415 or phone
 us at 707 895 2020.

PUBLIC NOTICE

004-08

1-1,8,15,22/08
**STATEMENT OF
 ABANDONMENT OF
 USE OF FICTITIOUS
 BUSINESS NAME**
 File No. 2004-F0798
 The following person
 (persons) have abandoned the use of the
 fictitious business
 name:
**QUILTER'S
 COTTAGE**
 1631 Talmage Rd.
 Ukiah, CA 95482
Stephanie Nicolas
 PO Box 372
 Hopland, CA 95449
Helen (Leher)
Nicolas
 PO Box 448
 Hopland, CA 95449
 The fictitious busi-
 ness name referred
 to above was filed in
 County on **Nov. 15,
 2004**. This business
 was conducted by a
**California Limited
 Partnership**. This
 statement was filed
 with the County Clerk
 of Mendocino County
 on **Dec. 28, 2007**.
 /s/Stephanie Nicolas
**STEPHANIE
 NICOLAS**
 /s/Helen Nicolas
HELEN NICOLAS

PUBLIC NOTICE

019-08

1-8,15,22,29/08
**FICTITIOUS
 BUSINESS NAME
 STATEMENT**
 File No.: 2008-F0837
 THE FOLLOWING
 PERSON(S) IS
 (ARE) DOING BUSI-
 NESS AS:
**CHANCE CREEK
 VINEYARDS**
 501 Parducci Rd.
 Ukiah, CA 95482
**Mendocino Wine
 Group, LLC.**
 501 Parducci Rd.
 Ukiah, CA 95482
 This business is
 conducted by a **Lim-
 ited Liability Com-
 pany**. The registrants
 commenced to trans-
 act business under
 the fictitious business
 name or names listed
 above on **Dec. 26,
 2007**. Endorsed-Filed
 on **Dec. 26, 2007** at the Mendocino County
 Clerks Office.
 /s/Timothy L.
THORNHILL
**TIMOTHY
 THORNHILL**
 C.O.O.

10 NOTICES

**ADOPTIONS &
 FOSTER CARE**
**TLC Child & Family
 Services** seeks families.
 Reimbursement, training
 & professional support
 provided. 463-1100
 #236800809

Security

There's never been a
 better time to join
**Universal Protec-
 tion Service**. As one
 of California's fastest
 growing privately
 held security service
 providers, we offer
 accelerated career
 opportunities whatev-
 er your area of securi-
 ty expertise. **We
 seek the following
 talented individu-
 als:**

**SECURITY
 PROFESSIONALS
 M-F Days
 \$11 per hour!
 Paid court holidays!
 Full-time in
 Fort Bragg
 Part-Time in
 Mendocino & Lake
 County!**
**\$300 Hire-On Bonus
 with valid Guard
 Card!**
**For immediate con-
 sideration email re-
 sume to: [dsinger@](mailto:dsinger@universalpro.com)
universalpro.com.**
 For more info visit:
www.universalpro.com.
 PPO License #14417.
 EOE



**United Way RFP
 Announcement**
**Applications avail-
 able January 15,
 2008**
**Submission dead-
 line February 25,
 2008**

As part of the United
 Way Community Im-
 pact Agenda, United
 Way of Sonoma-
 Mendocino-Lake is
 requesting funding
 proposals from all
 agencies in Sonoma,
 Mendocino, and Lake
 Counties providing
 services in our four
 Focused Funding
 areas:
 ●After-school/ sum-
 mer programs
 focused on youth in
 grades four through
 eight;
 ●Parenting/ social-
 skills training for pa-

10 NOTICES

rents:
 ●Emergency food/
 shelter, transitional
 and permanent sup-
 portive housing pro-
 grams; and
 ●Senior food, men-
 tal-health programs.
 Please contact **Chanda
 Zirkelbach, VP of Com-
 munity Impact** for
 more information:
 707-528-4485
 ext.110 or via e-mail
 at chanda.zirkelbach@uwsml.org.
 There will be an ap-
 plicant orientation
 February 1, 2008
 from 2:00 - 4:00 PM
 at the Santa Rosa
 Transit Department
 Training Room 103,
 located at 45 Stony
 Point Road, Santa
 Rosa.

30 LOST & FOUND

Lost Jan. 5th. Older
 black cat w/ white
 markings. Corner of
 Oak Park & Clay.
 462-9719.

Remember where the
 old dump use to be?
 Well I was on my way
 to check out what
 that land looks now. I
 had gotten as far as
 El Dorado Estates
 when someone
 picked me up and
 took me to the Ukiah
 shelter. I am a 1 year
 old male Lhasa Apso
 mix and I was travel-
 ing with another
 small dog who would
 not get into the car.
 Call Sage if I am
 yours at 467-6453

70 TRAVEL OPPORTUNITIES

REDWEEK.COM #1
 Timeshare Market-
 place. Rent, buy, sell,
 reviews, New full-
 service exchange!
 Compare prices at
 5000+ resorts. B4U
 do anything time-
 share, visit
www.RedWeek.com,
 consider options.

**TIMESHARES!
 TIRED OF FEES?**
 Call **www.BuyATime-
 share.com** to sell,
 rent or buy a time-
 share. Get free info
 today and get cash at
 closing. Call Now! 1-
 877-868-1931

100 INSTRUCTION

**GET CRANE
 TRAINED!**
 Crane/Heavy Equip-
 ment Training. Na-
 tional Certification
 Prep. Placement As-
 sistance. Financial
 Assistance. Nevada
 School of Construc-
 tion. www.Heavy6.com
 Use code
 "NCCNH" or call 1-
 888-879-7040

110 EMPLOYMENT WANTED

**ELECTRICAL
 WORK**
 3 1/2 years exp.
 Residential and
 Commercial. Call
 Tom 707-349-9749

120 HELP WANTED

ATTN: Drivers. Paid
 Orientation and Bon-
 us. 36-43cpm
 (\$1000+wkly) Excel-
 lent Benefits. Class A
 and 3 months OTR
 required. 1-800-635-
 8669

**AWESOME FIRST
 JOB!!** Now hiring
 motivated sharp in-
 dividuals to work and
 travel entire USA.
 Paid training. Trans-
 portation, lodging fur-
 nished. Call today.
 1-877-676-5050

Banking
Check
Adjustment Desk
 Savings Bank of
 Mendocino is ac-
 cepting applications
 for a full-time book-
 keeper.
 Under the direction
 of the Central Ser-
 vices Manager, gen-
 eral duties include
 handling incoming
 and outgoing check
 adjustments, miss-
 ing cash letters, list-
 ing errors, duplicate
 entries, missing
 bundles, encoding
 errors, missing
 items, late returns,
 photos in lieu of
 original, and items
 from other financial
 institutions.
Apply in person at
200 N. School St.
**Ukiah, CA by Mon-
 day, January 14,**
2008 at 4:00 p.m.
EOE/AA m/f/v/d

120 HELP WANTED

BOOKKEEPER
 F/T Bookkeeping
 position avail. w/
 busy Property Mgt.
 company. Must be
 computer literate,
 detail oriented, able
 to multi-task & pos-
 sess strong organi-
 zational skills. At
 least 2 yrs. previ-
 ous office experi-
 ence required.
 Following benefits
 available: 401k,
 health insurance,
 paid vacation, holi-
 days & more. Sal-
 ary \$14-\$16hr. DOE
 Please submit re-
 sume & cover letter
 to [sisrael@selzer](mailto:sisrael@selzerrealty.com)
realty.com or mail to
 Realty World
 Selzer Realty Property
 Management at
 350 E. Gobbi St.
 Ukiah, CA 95482
 Please No Phone Calls!

**CHEMISTRY
 INSTRUCTOR**
**MENDOCINO
 COLLEGE**
 Ukiah Campus
mendocino.edu
 468-3024

**COMPUTER &
 INFORMATION
 SCIENCES**
INSTRUCTOR
**MENDOCINO
 COLLEGE**
 Ukiah Campus
mendocino.edu
 468-3024

AES
Day Care Aide
 Our Private Non-Pub-
 lic School (North Ha-
 ven) located in Ukiah
 is seeking a Day
 Care Aide responsi-
 ble for assisting the
 Day Care Manager
 with child supervi-
 sion, & development
 of materials & activi-
 ties. Req: Must be at
 least 17 yrs old, with
 H.S. diploma or GED
 equivalency prefer-
 red. Experience
 working in a childcare
 center is a plus.
 Competitive pay &
 benefits. Fax resumes
 to: 877.382.7617 or visit
 915 Church St., Ukiah
www.aes-ssg.org
AES is an EOE.

DIESEL MECHANIC
EXP. Clean DMV,
 good pay & benefits.
 462-7393

120 HELP WANTED

Direct Care Work
**No Experience
 Needed!!**

Morning, evening,
 graveyard. Drug test
 required, no test for
 cannabis, good DMV.
 Personal care, cook-
 ing, cleaning, driving
 and providing living
 skills training to
 adults with develop-
 mental disabilities.
 Three 6 bed group
 homes, established
 in 1988. Call for inter-
 view 485-5168, 485-
 0165, 468-0602.

Direct Service Aide
 to work with adults w/
 developmental disabili-
 ties. Valid DL, in-
 surance, HS diploma
 req. Salary DOE. Ap-
 ply at 401A Talmage
 Rd. 462-2395 Facility
 # 236803017

DRIVER-CDL Train-
 ing \$0 down, financ-
 ing by Central Refri-
 gerated. Drive for
 Central, earn up to
 \$40k+ 1st year! 1-
 800-587-0029 x4779.
www.CentralDrivingJobs.net

Driver:
 Don't just start your
 career, start it right.
 Company sponsored
 CDL training in 3
 weeks. Must be 21.
 Have CDL? Tuition
 reimbursement!
wgreen@crst.com
 1-800-781-2778.

DRIVERS- Regional
 Runs! Van & Flatbed.
 Ask about qualifying
 for 5 raises in a year!
 No exp? CDL Train-
 ing available. 877-
 232-2386 www.SwiftTruckingJobs.com

**ENGLISH
 INSTRUCTOR**
**MENDOCINO
 COLLEGE**
 Ukiah Campus
mendocino.edu
 468-3024

**Environmental
 Service Attendant**
 Janitorial duties for
 Hillside Health Ctr.
 F/T \$9-\$13 DOE
 Fax: 707-468-0793
skenney@mchcinc.org

ESL INSTRUCTOR
**MENDOCINO
 COLLEGE**
 Ukiah Campus
mendocino.edu
 468-3024

120 HELP WANTED

**FIREFIGHTER &
 EMT.** Paid OJ Train-
 ing. Physically fit and
 under age 34. Min
 H.S. Grads. Relo-
 cate. Benefits. Call 1-
 800-345-6289

**Front Desk/Night
 Auditor.** Apply in
 person Holiday Inn
 Express, 1720 N.
 State St. Ukiah

HR SECRETARY
 Savings Bank of
 Mendocino County
 is seeking applica-
 tions for a full-time
 Human Resources
 Secretary. Per-
 forms a variety of
 HR clerical and ad-
 ministrative duties.
 Assists HR Director
 with staffing and re-
 cruitment, affirma-
 tive action, compa-
 ny policies and pro-
 cedures, legal com-
 pliance, compensa-
 tion, benefits, per-
 formance manage-
 ment, employee re-
 lations, HRIS, and
 security. Req. a
 minimum of two
 years exp. in a sec-
 retarial or adminis-
 trative position;
 exp. and/or educa-
 tion in Human Re-
 sources preferred.
 Accurate typing at
 50 WPM req. Must
 be detail oriented
 and have the ability
 to multi-task on dai-
 ly basis in a highly
 confidential envi-
 ronment. Excep-
 tional positive inter-
 personal skills req.

Apply in person at
200 N. School St.
**Ukiah, CA by Mon-
 day, January 14,**
2008 at 4:00 p.m.
EOE/AA m/f/v/d

INSURANCE
 Support position,
 busy professional
 firm. Strong commu-
 nication & clerical
 skills. Recent office
 experience required.
 Relief receptionist
 and clerical duties.
 M-F, 12noon to 5pm,
 schedule is non-ne-
 gotiable. \$11/hour.
 Email resume to
resumes@nwinsure.com
 or fax to 707-573-
 0313, Attn: J. Fisher

Route Driver (in our
 van) M/F 8:30-5:30.
 \$9.25 hr.+med. Raise
 90 days. 984-8166

120 HELP WANTED

LINCARE a Nat'l
 Respiratory co. seeks
**Health Care
 Specialist.** Duties:
 Disease mgmt prog.
 clinical evals, equip
 set-up & education.
 Be the Dr's eyes in
 the home setting.
 Current RN, LVN,
 RRT, CRT lic reqd.
 Great personalities
 w/strong work ethic
 needed. Comp
 salary, benefits &
 Please fax resume to
 (707)263-5947.

SALES ASSISTANT
**\$12.25 to \$14.50
 DOE**

Duties include:
 ●Customer relations
 ●Presentation of
 products
 ●Product delivery
 assistance
 Successful applicant
 must have:
 ●A solid work ethic
 ●Organization skill
 ●Professional
 appearance, man-
 ner and expression.
 This is a great
 opportunity for
 enthusiastic & reli-
 able individuals to join
 our dynamic team.

Apply in person
Ukiah Ford
Lincoln Mercury
1170 s state street

Sales Clerk, PT,
 weekends & some
 eves. The Video
 Place. 485-0127

120 HELP WANTED

Welders

Experienced Welder Needed

Global Manufacturer
Since 1869
www.wabtec.com

**EXCELLENT BENEFITS &
 COMPETITIVE COMP PKG**

Family health benefits start day o
hire. VERY affordable PPO (e.g.
80% coverage = \$37/Bi-Weekly for
empl + children) - Not age driven
for cost.

- 401k - 100% match to 3% of Salary plus add'l annual 3% contribution.
- 2 Weeks Vacation Grant on Jan. 1st - Use at anytime.
- Holiday and Sick Pay.
- Competitive Compensation.

2 years MIG welding exp req'd. TIG welding exp strongly pref. Physical and Drug Test req'd. Apply in person or by mail to Microphor, A Wabtec Co, 452 E Hill Rd, Willits, 95490; or fax to 707-459-8540. An EOE/AA Employer

120 HELP WANTED

LVN Care Manager or Floor Nurse
Little Lake Health Center-F/T lic LVN. Competitive sal. DOE. Great benefits! Fax: 468-0793 skenney@mchcinc.org www.mchcinc.org

Medical Assistant
F/T for MCHC Hillside Health Center. OB exp. a + Bilingual in Spanish a +. \$12 - \$17 DOE. Fax: 468-0793 skenney@mchcinc.org www.mchcinc.org

IRONWOOD COMMUNICATIONS

Medical benefits, vacation and free satellite service. **FULL-TIME SATELLITE TECHNICIANS** Possible \$600 + per week. Will train. Construction, electronics or phone experience valued but not required. Must have a valid drivers license. Must be able to pass drug screen and background check. Personal vehicle is not required for employment. Must also be able to handle light to medium travel daily. Interested candidates please email or fax your resume to erandolph@180connect.net or 888-741-1047 EOE.



NCO Head Start - Ukiah
Asst/Associate Tchrl-I-II - Must have 6 Core CDV units. Assoc. I-II-Must have 12 Core CDV units & 6 mos. ECE exp. \$8.93-\$11.45/hr + bene DOQ. **Aide-Bilingual pref.** Must complete NCO appl. & include transcripts, 800-806-5550 ext. 302 for app & job desc. Closes 5PM 1/16 (Postmarks not accepted). EOE

OFFICE ASSISTANT FULL TIME. Home Respiratory Co. needed to schedule patient services. Entry level, will train. Phone skills & great attitude required. Please call or fax resume to: 707-448-3620 or fax to: 707-448-3640

Part time LVN Tired of high case loads? Provide support to 6 adults with Devel. Disabilities in their home and supervise staff. Office 485-5168 Cell 489-0022

People to work with developmentally disabled adults one on one in their own home. All Shifts available. **Call Mary 468-9326 or come by & pick up app. at 182 Thomas St. Ukiah**

Permanent P/T. Cafe in Hopland. Th-Mon. Espresso exp. helpful. Apply in person, Cheesecake Momma. Corner of School & Henry Uk.

Pharmacist position available F/T or P/T. **Willits Rexall Pharmacy**
90 S. Main. 459-6877 or fax 459-3299.

Prenatal Educators
MCHC's Little Lake & Lakeside Health Ctr. seek Prenatal Educators. P/T 1-yr perinatal exp. req. Bilingual a+ Fax: 707-468-0793 skenney@mchcinc.org www.mchcinc.org for job description.

Red Fox Casino NOW HIRING
• Auditor - P/T
• Kitchen
• Tech
• Security,
• Cashiers
• 2 Floor Managers
• Exp. promotions & marketing person.
Friendly attitude helpful. Willing to train. 984-6800 or come in for application.
200 Cahto Dr. Laytonville
••••••••
Now offering employee insurance after 90 days.

120 HELP WANTED

AWESOME OPPORTUNITY
Join California's Fastest Growing Home Improvement Company! Training Provided! Confirmed Leads daily Top Commissions! 12 Product Lines! 707-228-4046, Steven

START THE YEAR OUT RIGHT
Sparflex of California has several openings. Enthusiastic applicants needed for our manufacturing and printing operations. Mechanical aptitude or printing experience helpful but not required. Pre-employment Physical & drug screen required, EOE.
Apply at:
425-A Kunzler Ranch Road, Ukiah

TLC Child & Family Services
seeks 2 additional homes for Shelter Care program Applicants need to have at least 1 spare bdrm to house a child for up to 30 days. Guaranteed monthly allotment. Generous increase upon placement. Income tax-exempt. Exp. with children req. Parents will receive training. + Social Worker, in-home support & respite. Need 1 or 2-parent homes, with 1 parent home full time. Home with no more than 1 biological child considered. Retirees invited to apply. **Contact TLC 707-463-1100 Lic#236800809**

Ukiah residential childrens facility is looking for caring, responsible individuals to come join our team. Some exp. preferred but not necessary. Will provide on the job training. Starting sal. \$12.12 hr. 403B, great benefits & vacation package.
Fax resume to 463-6957

WANTED mature person to live in home with elderly woman in Willits. Need help with meal preparation and getting in and out of bed, normal personal hygiene in morning. Also have MSSRP and ISSH services available. Private room with private bath. No smoking, no pets. Call 459-4274 or fax 459-9048

140 CHILD CARE

Little Friends Pre-school. F/T & P/T. Opening ages 2-5. Monthly rates between \$185-\$495. 465 Luce Ave. 463-2273

205 FINANCIAL SERVICES

No credit/bad credit? Financial institution approving business, mortgage, vehicle & personal loans. **Apply 1-888-561-1119**

210 BUSINESS OPPORT.

ALL CASH CANDY Route. "Be Your Own Boss." 30 Machines and Candy for \$9,995. MultiVend LLC, 880 Grand Blvd., Deer Park, NY. 1-888-625-2405

AMERICA'S FAVORITE COFFEE Dist. Guaranteed accounts. Muti Billion \$ Industry. Unlimited profit potential. Free information 24/7. 1-800-729-4212

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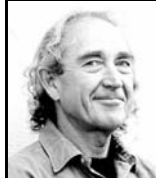
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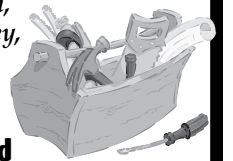
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TODAY

49°

A soaking rain

TONIGHT

39°

Mostly cloudy

WEDNESDAY

52°

44°

Cloudy and cool; rain in the afternoon



THURSDAY

52°

37°

Mostly cloudy

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Sunrise today 7:32 a.m.
Sunset tonight 5:06 p.m.
Moonrise today 8:01 a.m.
Moonset today 5:25 p.m.

MOON PHASES

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Jan. 8 Jan. 15 Jan. 22 Jan. 29

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Temperature

High 47
Low 37
Normal high 55
Normal low 36
Record high 75 in 1962
Record low 22 in 1937

Precipitation

24 hrs to 2 p.m. Mon. 0.14"
Month to date 5.10"
Normal month to date 1.63"
Season to date 14.73"
Last season to date 10.78"
Normal season to date 15.93"

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REGIONAL WEATHER



CALIFORNIA CITIES

City	Today		Wed.		City	Today		Wed.	
	Hi/Lo	W	Hi/Lo	W		Hi/Lo	W	Hi/Lo	W
Anaheim	63/46	pc	61/45	pc	Napa	51/41	r	52/39	c
Antioch	51/40	r	53/39	c	Needles	63/43	pc	63/41	pc
Arroyo Grande	58/44	pc	59/35	pc	Oakland	54/43	r	55/44	c
Atascadero	56/40	pc	57/38	pc	Ontario	59/41	pc	61/42	pc
Auburn	48/39	r	51/39	c	Orange	63/45	pc	61/40	pc
Barstow	54/35	pc	56/37	pc	Oxnard	55/44	pc	55/45	pc
Big Sur	56/42	r	57/45	pc	Palm Springs	63/41	pc	64/46	pc
Bishop	45/22	pc	50/23	pc	Pasadena	60/45	pc	61/47	pc
Blythe	64/43	pc	67/42	pc	Pomona	62/43	pc	62/38	pc
Burbank	59/42	pc	60/44	pc	Potter Valley	47/36	r	50/43	r
California City	53/36	pc	54/33	pc	Redding	44/34	r	48/37	r
Carpinteria	56/48	pc	57/43	pc	Riverside	60/41	pc	61/40	pc
Catalina	57/46	pc	56/47	pc	Sacramento	49/39	r	52/42	c
Chico	49/38	r	51/42	r	Salinas	56/41	r	60/43	pc
Crescent City	51/42	r	51/45	r	San Bernardino	62/41	pc	60/41	pc
Death Valley	63/38	pc	64/36	pc	San Diego	62/50	pc	58/50	pc
Downey	62/46	pc	62/46	pc	San Fernando	59/43	pc	59/45	pc
Encinitas	60/48	pc	61/47	pc	San Francisco	54/47	r	55/48	c
Escondido	64/44	pc	63/44	pc	San Jose	55/42	r	57/44	c
Eureka	51/40	r	54/44	r	San Luis Obispo	57/41	pc	59/41	pc
Fort Bragg	52/45	r	52/43	r	San Rafael	52/41	r	54/43	c
Fresno	50/40	r	52/40	pc	Santa Ana	59/45	pc	58/46	pc
Gilroy	54/41	r	57/41	c	Santa Barbara	59/39	pc	62/41	pc
Indio	65/41	pc	67/40	pc	Santa Cruz	55/44	r	58/43	c
Irvine	59/45	pc	58/46	pc	Santa Monica	61/47	pc	62/48	pc
Hollywood	60/45	pc	60/47	pc	Santa Rosa	52/37	r	53/43	c
Lake Arrowhead	49/29	pc	51/26	pc	S. Lake Tahoe	36/17	sn	39/24	c
Lodi	51/40	r	52/41	c	Stockton	50/37	r	52/41	c
Lompoc	60/44	pc	61/44	pc	Tahoe Valley	36/17	sn	39/24	c
Long Beach	60/45	pc	61/45	pc	Torrance	61/47	pc	61/49	pc
Los Angeles	60/46	pc	62/47	pc	Vacaville	47/39	r	52/41	c
Mammoth	37/19	sn	42/18	pc	Vallejo	51/43	r	53/41	c
Marysville	50/39	r	52/40	r	Van Nuys	58/43	pc	58/44	pc
Modesto	51/39	r	51/41	c	Visalia	50/40	pc	49/41	pc
Monrovia	61/44	pc	60/46	pc	Willits	45/35	r	48/42	r
Monterey	55/44	r	59/43	pc	Yosemite Valley	43/23	sn	47/23	pc
Morro Bay	55/45	pc	59/44	pc	Yreka	43/28	sn	41/29	sn

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Lake Mendocino – Lake level: 719.57 feet; Storage: 40,833 acre-feet (Maximum storage 122,500 acre-feet) Inflow: 867 cfs Outflow: 437 cfs
Air quality – Ozone: .036 ppm (State standard .090 ppm) Carbon monoxide: .35 ppm (20.0 ppm) Nitrogen dioxide: .012 ppm (.25 ppm)

Fiscal crisis in the forefront as State of the State approaches

By STEVE GEISSINGER
MediaNews
Sacramento Bureau

SACRAMENTO - Lawmakers returned Monday to a Capitol in fiscal chaos and, while acknowledging something must get resolved and soon, immediately drew partisan lines in the sand over possible solutions.

Senate leader Don Perata, D-Oakland, said during a Capitol news conference that Republicans must include ideas such as tax hikes and ending tax breaks as the state struggles to close what is now projected to be a \$14 billion deficit.

Just a couple of hours before, Assembly minority leader Mike Villines, R-Fresno, insisted during a separate news conference that GOP lawmakers "will not raise taxes this year to help liberal spending programs."

But it's not just taxes that define the partisan divide in Sacramento.

Today, Gov. Arnold Schwarzenegger is set to deliver the State of the State speech and on Thursday he will unveil a proposed budget that will almost certainly call



Schwarzenegger

for deep spending cuts that are favored by Republicans but unacceptable to Democrats.

"You really can't cut 10 percent everywhere," Perata said. "It's just not practically - or sometimes constitutionally - possible."

The most notable protection is voter-approved Proposition 98, which provides a guaranteed base level of spending for public education. Education funding, in particular, Perata said, must be protected, though many Republican lawmakers contend some of that funding is wasted.

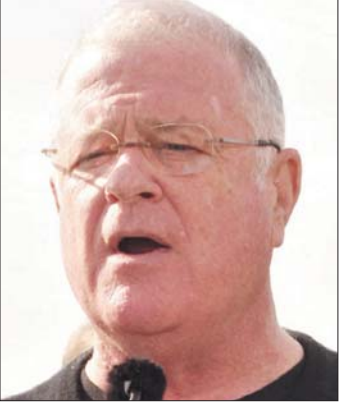
BIG WEEK

MONDAY: State lawmakers returned from their winter recess to begin the second of their two-year legislative session

TUESDAY: Gov. Arnold Schwarzenegger delivers his State of the State speech at 3:30 p.m. TV: KTVU Ch. 2 will provide live coverage of the speech, which also will be webcast live at www.gov.ca.gov

THURSDAY: Gov. Arnold Schwarzenegger will unveil his proposed budget plan for the 2007-08 fiscal year

Whatever lawmakers decide to do, they need to do it quickly - or face consequences. Schwarzenegger is expected to declare a fiscal emergency Thursday for the current budget year that began July 1, 2007. Doing so triggers a 45-day deadline for lawmakers to present the governor with a solution. If they fail, they are not allowed to



Perata

consider any other legislation until they do come up with a plan.

The fiscal crisis stems from an economic downturn - in part driven by a collapse in the housing market - coupled with the state's decision last year to adopt a budget with a structural deficit. A structural deficit is when the state - relying on a reserve balance from the previous year - spends more in the current fiscal year than it takes in.

Lawmakers on both sides of the aisle - repeating vows that helped elect Schwarzenegger in a 2003

recall election - said they hope to address that specific problem this session.

Two government reports have pointed to one of the major factors in the structural deficit: \$50 billion annually in tax breaks.

Assemblyman Dave Jones, D-Sacramento, announced Monday he would amend existing legislation, AB21, to block a tax break for yacht buyers. Under current law, individuals can avoid paying sales tax on yacht acquisitions by purchasing them three miles offshore and keeping the boats outside the state for 90 days.

Jones called it "one of the most egregious tax loopholes, which should be eliminated as California enters an exceedingly difficult budget year." But, at an estimated \$7 million annually, it barely makes a dent in the deficit.

Other cost-cutting proposals that are being floated include releasing more than 20,000 low-risk prisoners early from overcrowded prisons and curbing the number of parolees returned to prison for technical violations, as well as the governor's continued pitch

to lease the state's lottery for a huge up-front sum of money.

But while much of the focus in Sacramento this week will be on closing the deficit that threatens to derail legislative progress this year, Perata said Monday lawmakers still need to resolve two issues left over from last year: health care reform and water storage.

On Monday, Perata said the Senate Health Committee on Jan. 16 will take up the health care bill passed by the Assembly. Perata had refused to allow the Senate to vote on it until the state's independent Legislative Analyst studied its effects on the budget. Such a report is expected to be completed before the hearing date.

The Senate on Monday approved a new water supply bill by Perata that primarily shores up the fragile levees in the Sacramento-San Joaquin Delta but doesn't target any money to build dams.

Schwarzenegger vetoed an identical bill last year and Villines announced opposition to it Monday. Republicans want a more expansive proposal that specifically sets aside bond money to build at least two new dams.

Study: Chronic worry increases your odds of a heart attack

By LAURAN NEERGAARD
AP Medical Writer

WASHINGTON (AP) — Those Type A go-getters aren't the only ones stressing their hearts. Nervous Nelsons seem to be, too.

Researchers reported Monday that chronic anxiety can significantly increase the risk of a heart attack, at least in men.

The findings add another trait to a growing list of psychological profiles linked to heart disease, including anger or hostility, Type A behavior, and depression.

"There's a connection between the heart and head," said Dr. Nieca Goldberg of the New York University School of Medicine, a spokeswoman for the American Heart Association who wasn't involved in the study.

"This is very important

research because we really are focused very much on prescribing medicine for cholesterol and lowering blood pressure and treating diabetes, but we don't look at the psychological aspect of a patient's care," she added. Doctors "need to be aggressive about not only taking care of the traditional risk factors ... but also really getting into their patients' heads."

The research was published Monday by the Journal of the American College of Cardiology.

Everybody's anxious every now and then. At issue here is not the understandable sweaty palms before a big speech or nervousness at a party, but longstanding anxiety — people who are socially withdrawn, fearful, chronic worriers. It's a glass-half-empty personality.

University of Southern California psychologist Bing-Jiun Shen used data from a national aging study to estimate the impact of this trait on the heart.

The Normative Aging Study has tracked 735 men since 1986. They were heart-healthy at the study's start, have completed extensive psychological testing, and undergo medical exams every three years. By 2004, there had been 75 heart attacks among the participants.

Shen tracked men who scored in the 15 percent of anxiety scales that measure such things as excessive doubts, social insecurity, phobias and stress.

Those men deemed chronically anxious were 30 percent to 40 percent more likely to have had a heart attack than their more easygoing counter-

parts.

The link remained even when Shen took into account standard heart risk factors such as cholesterol problems, as well as other heart-negative personality traits.

Why? After all, a hostile person and an anxious one appear very different, one outgoing and one timid.

"Although the behavior is quite different ... if you look at the physiological response of these people, they're quite similar," Shen said. "All have raised blood pressure, heart rate, they produce more stress hormones."

So, would treating anxiety lower the risk? No one knows, cautioned NYU's Goldberg. That's why these personality traits are considered "markers" for heart disease, not outright "risk factors" like cholesterol or blood pressure.

College adding classes

By ZACK SAMPSEL
The Daily Journal

With the spring semester two weeks away, Mendocino College continues to expand the courses it offers with more dance, art and culinary opportunities for students.

"With the increase in retirees entering the community and the continued high interest in art and performance among all district residents, creating new classes just makes sense," said Meridith Randall, vice president of Education and Student Services.

The spring semester begins Jan. 22, and the effort to meet this need comes in the form of more than 10 new courses including The Art of Quilting, Collage and Paper Arts, Drawing with Pastels and Capoeira: An Afro-Brazilian War Dance, among others. In addition to those courses, the college will continue its full range of offerings in ceramics and sculpture, including Ceramic Kiln Building and Repairing.

In the dance department some of the new specialized classes include Contemporary Dance Techniques and a class about the Feldenkrais

Method. The department also offers classes in tap, hip-hop, Pilates, Middle Eastern dance, ballet and social dance. Many class participants in the spring will have the opportunity to perform in the Spring Dance Festival.

Mendocino College is offering short-term culinary arts classes in soups, morning bakeshop, whole grains, basic cakes and baking with chocolate as well as the other classes already available. All short-term culinary arts classes take place on weekends or evenings.

Mendocino College also continues to offer financial solutions for students looking to attend with per-unit costs holding steady at \$20. Various forms of financial assistance are available allow for fee reductions for those that qualify. More than half the students who attend Mendocino College qualify for some form of financial aid. Many meet the guidelines that eliminate the unit fees and others receive grants to cover college costs. Grants do not need to be repaid.

For more information go to www.mendocino.edu. or call 468-3101.

Snowmobilers missing in Colorado are rescued

By ROBERT WELLER
Associated Press

CONEJOS, Colo. — Six snowmobilers missing in the mountains for 2 1/2 days while a howling blizzard swirled around them were rescued Monday — hungry and cold but unhurt — after taking shelter in a cozy cabin and calling 911 on a cell phone when the storm eased up.

The group, consisting of two couples and two teenagers, broke into the cabin, where they huddled around a gas grill and dined on popcorn and

chicken bouillon they found inside.

"We counted 18 blankets. We were cozy," 31-year-old Shannon Groen said after rescue crews on snowmobiles brought the group to safety. "God was looking out for us. When we knew we were safe we began to worry about the rescuers and we prayed for them."

Groen and the others were trapped by one in a series of storms that killed at least three people across the West, unloaded as much as 11 feet of

snow in the Sierra Nevada range, flooded hundreds of homes in Nevada and knocked out power to a quarter-million Californians.

Groen and her husband, Jason, had gone snowmobiling with their daughter Aspen to celebrate her 14th birthday. Also along were one of Jason Groen's employees, Mike Martin; Martin's wife, Missy; and their son, Jessie, 13. All are from Farmington, N.M.

The group had set out on what was supposed to be a daylong adventure but got lost

and ran out of gas on Friday night near 10,222-foot Cumbres Pass, just north of the New Mexico line.

They sought shelter in a cabin near the isolated and snowbound Osier Station, a small wooden building that serves as a summertime stop on a railroad line for sight-seers.

When the storm finally broke, Jason Groen hiked up to a point with cell phone reception and alerted rescuers to their location.

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